

Protesting in silence

Turkish protesters stand still in a show of passive defiance

Pointing the finger at Canada

Canada gets slammed by the European Union for holding up free-trade talks

TOKYO ON A **SHOESTRING** BUDGET

SEE A LOT IN THE CITY FOR FREE AND SAVE THE REST FOR SOME EXPENSIVE SUSHI PAGE 22





85 sex assaults on public transit since '08: Police

Combating the issue.

OC Transpo working on 'comprehensive safety plan' to address attacks



There have been 85 sexual assaults on Ottawa's transit system reported to police since 2008, with a high of 22 reported last year.

And according to year-todate reports provided by the Ottawa Police Service, 2013 is on pace for similar numbers. There have been 11 between Jan. 1 and June 3.

Staff Sgt. Angela McDade, of the Ottawa police's sexualassault and child-abuse section, said that the majority of these incidents took place on OC Transpo buses, rather than at transit stations.

The exact location — such as the block an attack took place on or the bus-route number — is difficult to pin down, McDade said. The incidents could be reported after the fact, at a hospital or at the person's residence.

James Babe, OC Transpo's manager of transit safety and enforcement services, said the transit service is currently working on a "comprehensive safety plan" to address concerns about assaults on transit.

"The number 85 surprised me," Babe said, noting only 55 had been reported directly to OC Transpo over the same period.

"One is too many, so any number is too many as far as I'm concerned."

The issue of sexual assaults on OC Transpo buses came to the fore earlier this year, largely due to efforts of the Hollaback Ottawa advocacy group. Hollaback's Julie Lalonde said she suspects the number of incidents reported to Ottawa police is low.

"(The number) doesn't surprise me," Lalonde said. "I think the number is not reflective of the reality, but I think its in line with what we know which is that people do report, but not everyone does."

OC Transpo representatives and transportation committee chair Coun. Diane Deans are meeting with women's groups Thursday morning to discuss the issue.

On the web

See a complete listing of sex-assault complaints per year at metronews.ca





HAT'S IN A NA

Canadian Tire senior-vice president Duncan Fulton watches as Ottawa Senators owner Eugene Melnyk speaks at a press conference on Tuesday about the decision to sell the naming rights for the former Scotiabank Place to Canadian Tire. See story, page 3. JOE LOFARO/METRO



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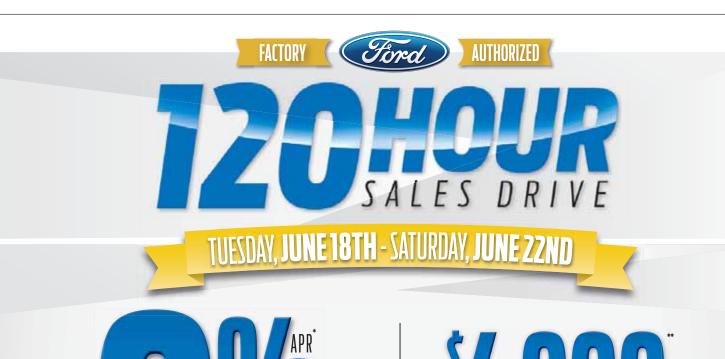
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Suspicious Nepean blaze wrecks 3 cars, row house

\$250k in damages.

Incident follows two recent OFS calls relating to kids starting fires



MCKIBBON sean.mckibbon@metronews.

An early-morning fire in a carport attached to a line of row houses in Nepean caused \$250,000 in damages.

Ottawa Fire received multiple 911 calls just after midnight on Tuesday reporting cars on fire in the carport at 37 Pathway Private, a City of Ottawa Community Housing property. When they arrived on scene, three cars were fully involved. The fire also

Confused car-owner

"I ran out to see the airbags being deployed and everybody screaming."

25-year-old James Paul

extended to the first unit, where firefighters rescued two birds and one cat. Two people have been displaced, but firefighters reported no injuries.

James Paul, 25, said he awoke just after midnight to screaming and he rushed outside and saw people running around and his Mitsubishi Lancer on fire.

"I was pretty hysterical. I ran out to see the airbags being deployed and everybody screaming, running around," said Paul. "I just wanted to make sure that the family was out of the house and everybody was safe... That's the most important thing. Cars are just materialistic."

Paul said he purchased the car three to five months ago. He said he doesn't smoke and he couldn't think of any reason why it would ignite.

Paul said when he arrived home he saw 10 to 12 kids sitting in a different carport nearby and he complained that "something needed to be done" about kids in the neighbourhood. "Somebody



James Paul stands in front of 37 Pathway Private, where he parked his car Monday night. Fire investigators said they

is going to get hurt," he said.

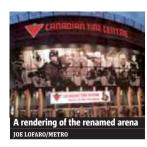
Ottawa Fires Services spokesman Marc Messier said there were two calls in May relating to kids setting small fires in the bush. In the most recent instance, the fire fighters arrived to find that someone had already extinguished the fires.

Messier said that while fire investigators were on scene, there was nothing to indicate as of yet that the most recent

fire was a result of arson.

The damage is estimated at \$130,000 for the building, \$100,000 for the cars, and \$20,000 in contents lost. The cause of the fire is not yet known.

Scotiabank Place renamed Canadian Tire Centre



The Ottawa Senators announced Tuesday they are cutting short a naming-rights deal with Scotiabank to have the west-end arena on Palladium Drive renamed the Canadian Tire Centre.

The Sens signed a 15-year agreement with Scotiabank in 2006, but the team's owner Eugene Melnyk said Tuesday during a press conference they

wanted a company that knows the game. The new deal is for eight years with a chance to renew it every 10 years.

"We were looking for a partner that was in the hockey space that understands our game and, I think, knew more than just how to write a cheque," said Melnyk. "If you encompass everything else that (Canadian Tire) can do with the arena, with the community, all their different properties, this will grow."

Melnyk said Scotiabank will remain as the official bank of the Ottawa Senators.

Duncan Fulton, Canadian Tire's senior vice-president of corporate affairs, said the new partnership also means his company will be partnering with the Sens Foundation for fundraising opportunities.

"You're going to see us work with the Sens to get so many more kids active in sport," said Fulton, who later added he wouldn't have jumped on board if the deal was just about having the Canadian Tire name on the front of the building.

The new name takes effect July 1.

JOE LOFARO/METRO



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NCC puts King Mountain Trail restoration to tender

Rehabilitation.

Contract part of larger project to fix up pedestrian trails in Gatineau Park



Uneven and unstable steps, boulders and roots blocking hiking trails, and erosion damage along King Mountain Trail have been targeted for rehabilitation, according to tender documents released by the National Capital Commission.

The rehabilitation of King Mountain Trail is part of a larger restoration project of the pedestrian trails, largely built by volunteers, in Gatineau Park.

The problems with the

trails are largely caused by erosion, creating too-high steps and paths littered with rock and root.

"The objectives of the (NCC) of Ottawa are to extend the trails' life-span, return them back to their original state and/or allow for greater use," the tender documents read. "Should the need arise, the NCC is also favourable toward reassessing the orientation of certain trails and making appropriate changes to ensure public safety."

Most of the issues with King Mountain, a 1.8 km walking trail with an observation point on the southern side of Gatineau Park, involve uneven or unsafe wooden steps.

The NCC is looking to remove and replace those steps, increase signage along the trail, remove boulders and roots along the route and fix drainage issues.



A photo of dilapidated steps on the King Mountain Trail offers just one example of the sort of rehabilitation work that the National Capital Commission want performed. HANDOUT/NATIONAL CAPITAL COMMISSION

Good vibrations: Ottawa company's patent upheld



The U.S. International Trade Commission has upheld an Ottawa company's patent for its couples vibrator, banning the import, sale and marketing of all infringing products in the United States.

But the battle isn't over for Standard Innovation Corp., maker of the We-Vibe.

The company is still before the Canadian Federal Court for patent infringe-

It is also seeking damages in the U.S. District Court for the Southern District of Texas, because the International Trade Commission doesn't offer that remedy.

Standard Innovation launched the We-Vibe, a vibrator that couples wear during sex, in 2008.

In 2011, Lelo Inc. unveiled a similar product called the Tiani, prompting Standard Innovation to go to court.

The ruling from the International Trade Commission not only bans the import, sale and marketing of Lelo's products, which include the Tiani 2 and PicoBong Mahana, but also of any other infringing products,

even if they weren't named in the case. "Seeing We-Vibe officially

"Seeing We-Vibe officially acknowledged as truly innovative and having its patent legally upheld is the best news I can imagine," said We-Vibe inventor Bruce Murison.

"More than a decade of my life went into creating this product."

THE CANADIAN PRESS

Carling Ave. makes CAA's worst-road list once again

What has holes and cracks, runs straight through Ottawa, and has been voted one of the worst roads in Ontario 10 years running?

According to a public poll conducted by the Canadian Automobile Association, Carling Avenue has been voted the worst road in Ottawa and the ninth worst road in Ontario.

The Association made the list by polling about 10,000 drivers from across the province

Korey Kennedy, a spokesman from the association, said Carling has always been Ongoing issue

No. 1

Carling Avenue has been voted the worst road in Ottawa.

a serious contender in the study since they started the list in 2003 and has ranked in the top 10 since 2004.

"It's a testament to the fact that individuals (want) that particular stretch of roadway repaired," said Kennedy. "We recognize that Carling is a relatively long road and that the city of Ottawa has done their utmost to repair certain portions of it, but obviously it's indicative that people still have concerns with regards to its physical state."

Kennedy said that the purpose of the poll is to give drivers a say about the roads they drive on everyday, and to encourage government to give more funding to municipalities so they will be better able to maintain their roads.

JORDAN BROWN/METRO

No laughing matter

Man wanted in string of burglaries

Police continued to search for a 46-year-old Ottawa man Tuesday night who they believe is responsible for a number of break and enters across the city.

Ronald MacDonald is wanted on several warrants in relation to what police describe as a rash of daytime residential break and enters committed on May 28 near Arlington Avenue and Cambridge Street.

He is described as white, around five foot 10 and 150 pounds, with a slight build and short brown hair. METRO

Lowertown. Audit will study neighbourhood safety, accessibility

Lowertown residents are taking to the streets to find out how safe and accessible their neighbourhood is.

Ecology Ottawa and the Lowertown Community Association have teamed up to do a transportation audit," June 19. The residents will be joined

The residents will be joined in the audit exercise by City of Ottawa staff, members of Walk Ottawa, the King Edward Avenue Task Force, Citizens for Safe Cycling and Ottawa City Coun. Mathieu Fleury.

Together they will walk through the neighbourhood and take stock of any safety or accessibility issues and concerns.

The audit is part of Ecology Ottawa's efforts to get the city to adopt a transportation policy that would make alternative modes of transportation more accessible and appealing.

accessible and appealing.
Ottawa City Councilor Mathieu Fleury said that the Transportation Audit might help to convince city hall to improve Lowertown's accessibility.

"It allows us to go back to city staff and say these portions of the community need to be factored in. There needs to be a renewal of these sidewalks," said Fleury. JORDAN BROWN/METRO

15 RIBBERS THE FROM ALL OVER STICKY NORTH AMERICA SOCIAL IS STARTS BACK! 11 AM DAILY FURIOUS PETE CHAMPIONSHIP AWWE PULLED PORK EATING CONTEST EATER OTTAWA RIBFEST THE STUFF BEST BBQ THAT ARE NOT RIBS RIBS INTHE ALSO WORLD SUNDAY 11AM - 6PM SparksLive.com @ SparksStreet

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Comedy Mangiacake puts spotlight on the **Ítalian-Canadian** household

Shot in Ottawa.

Producers hoping to release locally made feature film in late 2013



JOE **LOFARO**

There's an independent slapstick comedy film being shot in Ottawa. It's called Mangiacake, and depending on your ethnic roots, you might be offended by it, or you might think it's the best family comedy since My Big Fat Greek Wedding.

The origins of the term "mangiacake" are not clear, but most people can agree it's the derogatory idiom coined by Italian-Canadians to refer to their Anglo-Saxon neighbours.

The masterminds behind this flick are Christina Cuffari, an Ottawa-born secondgeneration Italian, and her coproducer Nathan Estabrooks,



who also grew up in Ottawa. It's their first feature film and it's being shot in a home they rented in Old Ottawa South.

"We tried to dress it up so

was missing was a plastic cover. He describes the film as a

"hipster comedy" in which Cuffari's character, Marie, and her younger sister, Tessa, played by Melanie Scrofano, are forced to move back home with their mother and nonna (grandmother). Scrofano, also an Ottawa native, is known for her role as Tia Tremblay in CTV's The Listener. The love-hate relationship between the twentysomething sisters is central to the plot, as is the over-the-top character of nonna, played by Jocelyne Zucco.

"Because we are friends, it's loosely based on the stories that I've told Nate about my experiences growing up in an Italian family," said Cuffari.

Estabrooks is surrounded by Italian actors on set, but says he is not the least bit offended by the term mangiacake.

"Once I found out I thought it was the greatest thing ever,' he said. "I think it's hilarious."

The film is sure to draw chuckles from the Italian diaspora, but much like the jokes and clichés from My Big Fat Greek Wedding, the ones in Mangiacake are likely to cross over to other cultures as well.

The duo is financing the \$50,000 film out of their own pockets and are saving money by shooting in the national capital. But they said they wouldn't want to shoot their first big project in any other city than their

SIDEWALK SALE JUNE 10-22

VENTE TROTTOIR DU 10-22 JUIN



it's like this bastion of Italianness, so crucifixes are all over the place, like this couch," said Estabrooks in an interview last Thursday, pointing to the outdated couch he was sitting on. He said the only thing that



More than just soccer and samba

About 60 people held a protest on Parliament Hill Tuesday in solidarity with the thousands of Brazilians who have taken to the streets of Sao Paulo and Rio de Janeiro to call for improved infrastructure and social services. Most of the protesters in Ottawa were international students from the South American country who painted their faces and waved signs written in Portuguese. One protester, Jonathan Gravito, held a sign saying, "Don't go to the World Cup," in reference to the 2014 FIFA tournament that is reportedly costing Brazil billions of dollars. He, like many Brazilians, say that money could be spent on hospitals and schools. JOE LOFARO/METRO

































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Year in hiding: Assange's Turkey. 'Standing man' inspires protesters to replicate silent defiance life in a single room

Stalemate. Britain has spent nearly \$5M in policing costs, and it still won't grant WikiLeaks boss a safe passage out



KIERON MONKS

the gold-framed double doors, the Ecuadorean Embassy of London is a modest apartment with whitepainted walls and simple furniture. Not the most fitting residence for a world famous hero, or villain.

But since June 19, 2012, WikiLeaks boss Julian Assange has gone from pioneer to captive, forced into hiding to avoid extradition to Sweden where possible charges on sexual assault await him. The Australian will be arrested if he steps outside the building, so the jet-set lifestyle has been replaced by a single room and his laptop.

DVD box sets of The Twilight Zone and The West Wing keep him company, and an ultraviolet lamp replaces daylight. Assange lives nocturnally according to reports, working until dawn, supported by heavy doses of caffeine.

The 41-year-old has not been forgotten, judging from the crowds outside his window shouting "freedom fighter," and the fact that his generous hosts that have granted him asylum and allowed him to cramp their workplace. Further, celebrity guests from Lady Gaga to Oliver Stone



have visited, with British filmmaker Ken Loach donating a treadmill on which the

captive runs miles each day. "He's very robust and seems in good health," friend, visitor and restaurateur Vaughan Smith told Metro, adding that Assange "gets along well with the staff." However, an embassy source confirmed that the experience has been "difficult."

Yet confinement has been put to good use according to acting WikiLeaks chief Kristin Hrafnsson. "The time he saves not travelling is devoted to work and he gets a lot done," Hrafnsson said. "We

"He's very robust and seems in good health.... (Assange) gets along well with the staff."

Assange's friend, visitor and restaurateur

have had to move the staff around to cover this, but the material is still coming out and our work has not been badly affected."

previously-quiet corner of London has been impacted, however, with a 24-hour police presence that has cost more than £3 million (about \$4.7 million) to date. 'Most of us are bemused and don't know why he is being protected, and why we are spending so much," local resident Karen Morgan-Thomas told Metro, adding that constant protests have been an

Yet despite the situation attracting ridicule, it could last "another five years" according to Ecuador's foreign minister Ricardo Patiño, with no diplomatic solution in

Plenty more miles on the treadmill await the lord of

After weeks of sometimes violent confrontation with police, protesters in Turkey have found what could be a more potent form of resistance: Standing still.

The trend was launched

by performance artist Erdem Gunduz, who stood silently for hours in Istanbul's central Taksim Square on Monday night, in passive defiance of Prime Minister Recep Tayyip Erdogan's violent crackdown on environmental protesters.

Gunduz made no announcement before he paused Monday evening in the square and didn't move. He stood with his hands in his pockets, staring at an image of Turkey's founding father Mustafa Kemal Ataturk, whose admiration is rooted in his success in imposing secular values on a largely Muslim nation 90 years ago.

When police arrived an hour later, they searched his pockets and his backpack, then left.

Witnesses began calling him "duran adam" — "standing man." Some joined him in Taksim, while others began doing the same in other Turkish cities. In Ankara, the capital, a woman stood still at the spot

Erdem Gunduz's act, amplified by social media, had a remarkably swift effect on the protests in Turkey.

- Prime Minister Recen Tayyip Erdogan appeared to be seizing the initiative after the government capitalized on sporadic violence to crack down on protests.
- Gunduz's act of nonviolence could be harder to deal with, as it could pressure the government to arrest or disperse people who are doing nothing more than standing still.

where a protester had been

Early Tuesday morning, police intervened and dispersed the crowd around Gunduz, detaining several protesters. It wasn't clear whether Gunduz was among those arrested, though he was free later Tuesday. Later Tuesday, others returned and began silent vigils. THE ASSOCIATED PRESS



weeks of sometimes violent confrontation with police, Turkish protesters are using a new form of resistance: Standing silently. THE ASSOCIATED PRESS Same-sex unions

Angkor Wat complex

Ancient city found in Cambodia

Airborne laser technology has uncovered a network of roadways and canals, illustrating a bustling ancient city linking Cambodia's famed Angkor Wat temple complex.

The discovery was announced late Monday in a peer-reviewed paper released early by the journal Proceedings of the National Academy of Sciences. The laser scanning revealed a previously undocumented,

formally planned urban landscape integrating the 1,200-year-old temples.

The Angkor temple complex, Čambodia's top tourist destination, was constructed in the 12th century during the mighty Khmer empire. Angkor Wat is a point of deep pride for Cambodians, appearing on the national flag.
Archaeologists had long

suspected that the city of Mahendraparvata lay hidden beneath dense vegetation atop Phnom Kulen mountain in Siem Reap province. THE ASSOCIATED PRESS

Nazi war crimes

Hungary charges ex-Canadian citizen

Hungarian prosecutors on Tuesday charged a 98-yearold former police officer, who was stripped of his Canadian citizenship, with torturing Jews and assisting in their deportation to Nazi death camps.
Laszlo Csatary, who

lived for years in Montreal, was chief of an internment camp for 12,000 Jews at a brick factory in Kosice -Slovak city then part of Hungary — in May 1944,

they said. He is accused of beating and whipping his victims, and of refusing to allow ventilation holes to be cut into the walls of a railcar crammed with 80 Jews being deported.

Csatary was initially convicted in absentia for war crimes in Slovakia in 1948 and sentenced to death. He arrived in Halifax the following year, became a Canadian citizen in 1955.

In 1997, Csatary quietly left Canada as authorities prepared to serve him notice of a deportation. THE ASSOCIATED PRESS

Russia on brink of ban on adoptions

Russia is on its way to sharply limiting the adoption of children by people from countries that allow same-sex marriage.

Under a measure that passed its second reading in the lower house of parliament Tuesday, Russia will prohibit adoption by foreign couples whose homeland recognizes their samesex union as marriage, as well as by single people or unmarried couples from

those countries.

The lower house voted for the bill unanimously. After a third and final reading that is largely a formality, it must still be passed by the upper house, which is little more than a rubber-stamp body. Then it would go for signing to President Vladimir Putin, who has already expressed support for the ban.

The measure is the latest move by Russia to buck the Western trend toward greater acceptance of homosexuality.

THE ASSOCIATED PRESS

metronews.ca Wednesday, June 19, 2013 **NEWS**

Taxpayer money. Senate cancels pep talk meant to ease tension over scandal

Two speakers hired by the Senate to help motivate senators and staff in the midst of a raging scandal over the abuse of taxpayers' money have had their event can-

Communications consultant Barry McLoughlin and motivational speaker Marc-Andre Morel had been slated to talk about "the enduring value of the Senate and help bring a little perspective to the current situation," according to an invitation that went out on Tuesday mor-

It was not immediately clear how much the Senate contracted to pay for the

But after a story by The Canadian Press publicized the event, a number of prominent senators blew a gasket over a lack of consultation in spending more taxpayer money. THE CANADIAN PRESS

Spies and allies

Canada may have helped spy on G20

Leaked documents suggest Canada helped the U.S. and Britain spy on the London G20 summit four years ago. Britain's Guardian newspaper says spies mon-

itored the computers and

intercepted the phone calls of foreign politicians and officials at two G20 meetings in London in 2009.

The Guardian published PowerPoint slides describing the operation, including one featuring the emblem of the Communications Security Establishment, Canada's electronic eavesdropping agency. THE CANADIAN PRESS

Talks on Syria went better than expected: Harper



en Harper and U.S. President Barack Obama chat Tuesday as they stroll at the Lough Erne resort in Northern Ireland. The prime minister said their talk touched on the Keystone XL pipeline. ADRIAN WYLD/THE CANADIAN PRES Summit. But the final **G8** statement remains non-committal on Assad. use of chemical weapons

The Group of Eight stopped short of calling for the ouster of Syrian President Bashar Assad in its final statement on Tuesday but did call for a swift end to the bloody civil war and urgent peace talks.

Despite a lack of consensus among the G8, Prime Minister Stephen Harper said the out-

Shaky agreement

"We have ... a much better outcome than I thought we were going to have. We don't have, as I said, G7 plus one."

Prime Minister Stephen Harper, referring

come was better than expected.

Tensions have escalated over the past week since the U.S. announced it would supply weapons to the Syrian opposition after it found proof the Assad regime attacked its foes with chemical weapons.

Russia — the only member of the G8 that supports the Assad government — has been highly critical of the move. The Russians also assert that the claims about chemical weapons are based on flimsy evidence.

The rest of the G8 is split over whether the U.S. should arm the rebels, but generally agrees that Assad must go.

The final G8 statement on Syria sought the middle ground. It condemned any use of chemical weapons without admitting any attacks actually happened.

It also called for some sort of transitional government, without explicitly calling for Assad's ouster.

THE CANADIAN PRESS



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Knox acquittal neglected Another Montreal evidence, high court says

Italy's high court on Tuesday harshly faulted the appeals court that acquitted American student Amanda Knox of murdering her roommate, saying its ruling was full of "deficiencies, contradictions and illogical" conclusions. It ordered a new appeals court to consider all the evidence to determine whether Knox helped kill the young woman.

In March, the Court of Cassation overturned Knox's acquittal in the 2007 murder of British roommate Meredith Kercher, 21, and ordered a new trial. On Tuesday, the high court issued its written

reasoning for doing so.

The 74-page document picked apart the 2011 appeals-court decision that freed Knox, faulting the judges for ignoring some evidence, considering other evidence insufficiently and undervaluing the fact that Knox had initially accused a man of committing the crime who had nothing to do with

At one point, the high

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court said the appeals sentence "openly collides with objective facts of the case."

Among the undervalued pieces of evidence was Knox's own statement to police, written in English after her police interrogation, in which she wrote that while she couldn't remember clearly, she had an image of herself in her apartment kitchen with her hands covering her ears to drown out Kercher's screams.

Kercher's body was found in November 2007 in her bedroom of the house she shared with Knox in Perugia. Her

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- Italian law cannot compel Knox to return for the new trial and her lawyers have said she has no plans to do so. It is unclear what would happen to Knox if a possible conviction from the new trial is upheld on final appeal.
- No date for the new trial has been set.

throat had been slashed.

Knox, now 25, and her Italian ex-boyfriend, Raffaele Sollecito, 29, were initially convicted of the crime and sentenced to long prison terms. Both denied any involvement, saying they weren't in the apartment at the time.

A young man from Ivory Coast, Rudy Guede, was convicted of the slaying in a separate proceeding and is serving a 16-year sentence.

THE ASSOCIATED PRESS

mayor bids adieu amid scandal

Resignation. Vote at city council next week expected to decide replacement until November election

Montreal has had its second scandal-provoked mayoral resignation in less than a year, with an arrest and criminal charges leading to the departure on Tuesday of its interim city-hall boss.

Replacement mayor Michael Applebaum stepped down a day after he was slapped with 14 criminal charges.

He made the announcement in a two-minute statement at city hall. He did not take questions. Applebaum said he's innocent of the charges against him and will work to prove his innocence.

"I will do everything I can to prove the accusations against me are unfounded," Applebaum said.

He said he hoped someday to regain Montrealers' trust. He conceded that, in the meantime, it would have been implausible to try to continue as

In making that direct appeal to residents, Applebaum committed a quintessentially Montreal linguistic flub, mixing English and French terms with unintended consequences.

"I would like to tell Montrealers that I love them," he



"I hope you understand that I will put my energy into my defence and my family. This is why I am resigning as mayor of Montreal. It is the responsible thing to do."

Michael Applebaum

began. "I understand their frustration, their deception and their cynicism with the political climate of the last few years."

The word "deception" has an entirely different meaning in French. In the local franglais patois, however, even native English-speakers such as Applebaum will sometimes use the term incorrect-

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sion with my ly when they actually mean to say "disappointment."

The mistake was not without irony.

Applebaum spent much of his statement combating the notion that he had deceived Montrealers. Seven months after he took office on a promise to fight corruption, Applebaum insisted he had never participated in illegal schemes and said he had achieved successes in cleaning up city hall.

The charges against him stemmed from alleged acts that occurred from 2006 to 2011, before he became mayor. While police offered few details, they said the charges related to realestate projects in the west-end borough Applebaum led.
Police said they believe

bribes were paid to influence zoning and permit decisions. THE CANADIAN PRESS

Photo fallout

Lawson's husband admits assault

Prominent British art collector Charles Saatchi has admitted assault and accepted a police caution after published photos showed him grasping the throat of his wife, celebrity chef Nigella Lawson.

In Tuesday's editions, the London Evening Standard newspaper quoted him as saying that he had approached police to discuss the June 9 incident after seeking legal advice.

"Although Nigella made no complaint I volunteered to go to Charing Cross (police) station and take a police cau-



over all months," he told the news-

Under British law, a caution is a formal warning given to someone who admits the offence. It carries no penalty.

Terrorism

U.S. surveillance halted NYSE attack: Officials

The U.S. foiled a plot to bomb the New York Stock Exchange because of the sweeping surveillance programs at the heart of a debate over national security and personal privacy, officials said Tuesday at a rare open hearing on intelligence led by lawmakers sympathetic to the spying.

The House Intelligence Committee hearing provided a venue for officials to defend the once-secret programs. THE ASSOCIATED PRESS

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· Canadian culture, and many other topics of interest to newcomers

EU slams Canada for holding up trade talks

Northern Ireland.

Pressure mounts as U.S. starts negotiations for own deal with EU

Canada has publicly been called on the carpet by the European Union for holding up free-trade talks. EU trade spokesman John Clancy took the unusual step Tuesday of criticizing Canada as the G8 summit in Northern Ireland came to a close.

"We are very close to an agreement," Clancy said in a statement. "The EU has shown pragmatism and flexibility and is ready to take the last steps to achieve a political breakthrough in the negotiations.

"We have been awaiting a similar message from Canada since the trade and agriculture ministers met in Ottawa in early February.'

Cranking up the pressure on Canadian negotiators is Monday's announcement that the European Union and the United States are starting their own free-trade talks.

Some have suggested the European negotiators will now turn their attention to the Americans and give short shrift to Canada.

Prime Minister Stephen Harper, speaking to Canadian journalists at the lakeside Lough Erne resort, said there are positives and negatives to negotiating with the Europeans at the same time as the Americas.

"In terms of our own negotiations, I think you could say maybe there are some advantages, maybe there are some disadvantages," Harper said.

"But I don't think it changes the fundamental calculus, which is we should stay at the table until we get a deal that's in the best interests of Canadians. We're not quite there, but we continue to make progress and we continue to be committed to progress.'

THE CANADIAN PRESS

Health. Starbucks posts calorie counts at its U.S. stores ahead of new law

Hoegh of Nuuk. Greenland, SEAN KILPATRICK/THE CANADIAN PRESS

Starbucks has a new way to wake up its customers: showing the calories in its drinks.

The Seattle-based coffee chain says it will start posting calorie counts on menu boards across the U.S. next week, ahead of a federal regulation that would require it to do so.

Calorie counts on menus are already required in some parts of the country, including New York City.

But starting June 25, Starbucks Corp. says customers at its more than 11,000 U.S. locations will be able to see that there are 300 calories in a small caramel Frappuccino and 230 calories in a small Iced Caffe Mocha. Pastry cases

Canadian customers can find calorie counts for Starbucks products at starbucks.ca/menu/ nutrition-info

National Gallery chills out for the summer

People visit Major's Hill Park in view of a giant iceberg installation covering the National Gallery of Canada on Tuesday. The installation, which covers

a network of scaffolding being used by crews replacing the panes of glass, is titled Iluliaq (Iceberg) and was designed by Greenlandic artisit Inuk Silis

show calorie information. Starbucks Canada is not following suit at this time.

The move comes as the Food and Drug Administration irons out the details of a regulation that would require companies with more than 20 locations to post calorie information on their menus.

THE ASSOCIATED PRESS

Research. Team develops 'sharp-shooter' drug aimed at several cancers

A Canadian-U.S. team of researchers has developed a "sharp-shooter" they hope will be a breakthrough in treating several types of cancer.

The experimental drug is known for now as CFI-400945 and is a new class of cancer drug that targets a certain enzyme that gives rise to some malignancies.

Those tumours include breast, ovarian, colorectal, pancreatic and prostate cancers.

The researchers have applied to Health Canada and the U.S. FDA to begin testing the drug in patients.

Dr. Tak Mak of the Princess Margaret Cancer Centre in Toronto and Dr. Dennis Slamon of the University of California, Los Angeles, led the teams that developed the

drug.

The two world-renowned researchers have spent a decade developing the drug, funded solely by money raised through donations.

THE CANADIAN PRESS



/hat's the beef?

- Among the issues believed to be stalling the talks is duty-free access to European markets for Canadian beef.
- Ireland and France two major beef producers — are believed to have concerns about the amount of Canadian beef allowed into Europe.
- Canada is said to have balked at the export limit proposed by the Europeans.



Fast food

Redberry acquires 32 Burger Kings

A private Quebec-based company, Redberry Investments, is acquiring 32 Burger King locations in Ontario from the current franchise holder, expanding on a deal announced in April. THE CANADIAN PRESS

Oil spills

Feds raise offshore liability cap

Ottawa will introduce legislation this fall to raise the liability cap for drilling and production companies operating in Atlantic Canada's offshore to \$1 billion, up from the current \$30 million. THE CANADIAN PRESS

Market Minute



DOLLAR 97.94¢ (-0.32¢)

12,367.46 (+78.56)



\$98.44 US (+67¢)



GOLD \$1,366.90 US (-\$16.20)

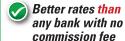
Natural gas: \$3.90 US (+2¢) Dow Jones: 15,318.23 (+138.38)

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HERE'S A TIP: DON'T EXPECT ONE?

OK, I have a cat here. And I'm going to place it gently among the pigeons, then back away:

Should tipping be banned?

A popular high-end New York restaurant called Sushi Yasuda thinks so, and has done exactly that. Servers are forced to live on their salaries. They also get, like,

The restaurant's owner says the tipping ban ends the bile-inducing requirement to calculate the tip at the end of the meal, recapturing the serenity of fine Japanese

Just so, grasshopper.

This isn't a trend exactly, but there's also a bit of an outbreak in Chicago, where in some restaurants you pay for the meal before you even begin. Careful not to choke on the appetizer.



Paul Sullivan

metronews.ca

Right now, there are overworked and underpaid servers everywhere going WTF? This subject is not even open to negotiation.

Then, just as likely, there are customers who are wondering when the practice of tipping became an obligation under the Geneva Conventions, or wherever they issue those must-be-obeyed decrees.

There's even less room to weasel out of tipping these days. Now, the server hovers (anxious, vigilant) over your shoulder as you pay the bill on that portable Wi-Fi Visa machine with its handy tip-percentage button. I don't know about you, but unless the waiter flambés my dinner companion, I dutifully press the 20 per cent button.

And if he/she does toast my guest, I only leave 15 per cent. You have to take a stand somewhere.

Back in the old days, if you were abandoned altogether

somewhere between courses, you could slide a penny under your dish and make your getaway, smug in the knowledge that you failed to put some kid through drama school. But there's no penny button on that infernal ma-

At the New York sushi restaurant, people were so brainwashed that they tried to write in a tip on the bill, even though there was no place to accommodate one. They just didn't get it, until the owners started red-circling the explanation about the tipping ban. Then they got it, and unless they were married to the server, they liked it.

I don't know about a ban, but it might not be a bad idea to restore the idea of the tip as an expression of appreciation for good service. Don't ban tipping; ban the obligation

Of course, now I've done it. I'll have to eat at home until the heat dies down. Maybe, just to be safe, I'll hire a food taster. Problem is, I'll have to leave a generous tip. Nobody wants an unhappy food taster.



The value of a good night's sleep has been drilled in our heads since bedtime was at sunset — but knowing to go to bed early is different than falling asleep early. For those who need more than sheep counting, gentle ocean sounds or three fingers of Scotch to help catch some Z's, technology is on your side. Pull down the blackout blinds, fluff the pillows and get in bed ... with your phone.

Sleep Time

Pictured at right, this app tracks the time you go to bed, length of deep and light sleep, and eases you into the day with a soothing crescendo alarm that goes off when you're in the lightest phase of sleep. iOS and Android.

Sleep Cycle

Similar to Sleep Time, but for the \$0.99 charge you get a "personal notes' section to track your pre-sleep habits

(did a 10-kilometre run before bed, ate spicy food for dinner, had a few drinks, etc.). Plus, the app runs in the back-Facebook in bed without remembering to reset the alarm. iOS only.

SleepBot

Not only does this free app track your sleep, it also records the noises you make in your sleep (and therefore proving once and for all that you don't snore). Android only.



@metropicks asked: An expert says women study harder to instinctively prepare for single motherhood. Do vou agree?

@mswitcherxo: Sad but true! Once upon a time my grandfather worked & took care of 9 kids! Now, can't even get a man to take care of 1!

@mswitcherxo: partying & hanging

out with friends make men learn social norms and men know instinctively that social skills >>> studying in real

@VancityBakeShop: wonder how many of those polled actually ended up as single mothers vs. those who had support from their partner

Follow @metropicks and take part in our daily poll.

VE WANT TO HEAR FROM YOU: Send us your comments: ottawaletters@metronews.ca

ZOOM

Hi sea lion, nice to meat you



Q and A

Near-death life lesson



PABLO CERSOSIMO Professional photographer and safari quide, 44, from Buenos Aires. Argentina

It looks like this sea lion is doomed.

This seal survived but others were not so fortunate. But in truth pups need a couple of

these bad experiences to learn that orcas are predators and that they will be part of their menu. When pups are one month old, they start venturing out into the water and at that stage they don't know what an orca is. They don't associate these whales with danger and often stay in the water when the predators show up. It's a life lesson for the pup.

In these hunter-versus-thehunted scenarios, do you sympathize with one critter over another?

No, I sympathize with both. The orca is one of my favourite animals — it's smart, intelligent and with many respects similar to humans. And I admire the sea lions for their ability to survive against this magnificent predator.

metr⊕

Pup's close call

with killer whale

escaped the jaws of death by

a few centimetres after a pod

beaching themselves while in

encountered the predatory

Peninsula in Argentina. METRO

mammals as they cruised

along the coast of Valdes

The South American sea-

This fortunate sea lion

of killer whales risked

pursuit of their prey.

lion pup and others

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Brainless entertainment has zombies taking over the world

World War Z.

Filmmakers continue to capitalize by making corpses cool for the next generation of little guys and ghouls, who, in turn, eat it up



FOCUS Richard Crouse scene@metronews.ca

Zombies are the most recent and most unlikely pop culture heroes.

On TV, the recent Walking Dead finale drew almost 13 million viewers.

At the movies the zom com Warm Bodies made still hearts beat again and outdoor recreation retailer REI even bandwagon jumped with their 13 Essential Tools for Surviving a Zombie Outbreak campaign.

This weekend Brad Pitt battles the undead in World War Z, an action thriller set against the backdrop of a worldwide zombie apocalynse

The movie has the highest ratio of zombies to humans of any film this year, but

Zombie confusion

"As for why zombies are so popular, I really have no idea."

Brad Pitt Star of World War 7



don't ask its star why these cannibalistic cadavers are so trendy.

"As for why zombies are so popular," said Pitt, "I really have no idea."

Pitt may not be able to out his finger on it, but academics suggest a variety of reasons. Audiences are interested in zombies in times of crisis, when we feel disempowered, says one, while another writer proposes that they offer something more primal — that the zombies represent an example of control over death.

Whatever the reason, filmmakers have been capitalizing on these cool corpses for years. Some, like Night of the Living Dead and Shaun of the Dead are classics, others, like the stranger-than-usual Zombie Honeymoon, aren't.

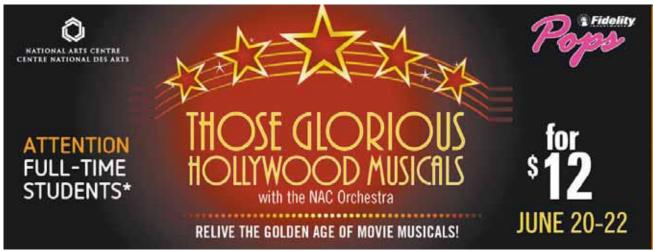
The grand-ghoul of all weird zombie movies is 1968's Astro Zombies. Starring horror legend John Carradine and cult star Tura Satana, the story of superhuman monsters on a killing spree has inspired two sequels and a song of the same name by the Misfits.

The mockumentary American Zombie's tag line is, "We're Here. We're Dead. Get Used to It!"

Documenting the everyday "lives" of a community of zombies in California, it's a fake undead propaganda film that echoes the struggles of many minorities who have had to fight for human rights.

Fido, a Canadian film starring Billy Connolly and Carrie-Anne Moss, is set in a world where humans won the zombie war and, as victors, have made the undead their domestic servants. Funny rather than scary, this one is worth a look to see the usually motor mouthed Connolly in a fun, shambling and wordless performance.

Strangest of all the nonmainstream zombie movies? Poultrygeist: Night of the Chicken Dead, a movie musical about a fast food chain called American Chicken Bunker whose meals turn diners into chicken zombies. Gross, gory and gratuitous, badmovienight.com called it "one of the sickest, most depraved movies I've ever seen." SCHU





metroews.ca
Wednesday, June 19, 2013

Yeezus is a dark, drastic departure for Kanye West

What did the music reviewers make of Yeezus, the latest from Kanye West? "There's purpose in repulsion..."



Jon Dolan, Rolling Stone

Yeezus is the darkest, most extreme music Kanye has ever cooked up, an extravagantly abrasive album full of grinding electro, pummeling minimalist hip-hop, drone-y wooz and industrial geargrind. Every mad genius has to make a record like this at least once in his career — at its nastiest, his makes Kid A or In Utero or Trans all look like Bruno Mars.

Ray Rahman, Entertainment Weekly

As for the lyrics? Some of the best examples are unprintable here, but even the most bombastic moments ... underscore a man struggling to come to terms with his place in the world, in his own 'Ye way: On I Am A Godhe raps, "I am a god/Even though I'm a man of God/My whole life in the hands of God."

Ryan Dombal, Pitchfork

For Kanye, there's purpose in repulsion. And on Yeezus, he trades out smooth soul and anthemic choruses for jarring electro, acid house, and industrial grind while delivering some of his most lewd and heart-crushing tales yet. This is willful provocation that Ice Cube, Madonna, and Trent Reznor could all be proud of.

Billboard

Yeezus is a medley of several genres — new wave, punk, rock, and of course hip-hop. Those looking for vintage soul sounds or even full-on raps from start to finish will be thrown several curves here. It's an album with numerous emotional layers as well. There are a few lighthearted moments, and cuts about love along with lust. But mostly, West is just plain mad - angry at naysay-

Evan Rytlewski, AV Club

Delivered entirely from the gut, it's West's loudest and most impulsive album, especially in its system-shocking opening stretch of gnarled electro and pounding industrial rap. Even by the standards of an artist who reinvents himself with each release, it's a drastic departure.

Wearing Hilton's stilettos is hard work

The Bling Ring. Young actor Israel Broussard talks about taking on a role that's based on a real person and keeping a level head in Hollywood



NED EHRBAR Metro World News in Hollywood

You think acting is hard? You should try it in pink stilettos. At least that's a lesson 19-year-old Israel Broussard learned with Sofia Coppola's the Bling Ring as Marc, the sole male member of a group of teens who burglarize a slew of celebrities partly out of greed and partly out of admiration. The story is true — Broussard's Marc is based on Nick Prugo — but Coppola chose to change the names so as to not reward the famehungry.

How much did you concern yourself with Nick Prugo and the actual events?

I didn't really reach out to meet him nor do I think I will. If we ever bump into each other some time it might be a little bit weird — I mean, to me at least it will be weird, I don't know about



them. I really didn't have much interest in meeting Nick Prugo, and I'd say the

shaking on TMZ, which is the one I re-did, so if we were to meet each other we'd have to probably fistbump over that. That's just like, we're bros now, you know? I don't know much about the girls. The girls I paid no attention to, besides Pretty Wild (Alexis Neiers). I'll recognize her. She is one whole chandelier. Sofia said she didn't want to make the people we portrayed in this movie more famous, which of course that's unavoidable. They are going to get at least

most I know about him is

the video where he's booty-

This film must give you a unique perspective on keeping a level head in Hollywood.

a little more famous. But

that's why she changed the

Well, my mom and stepdad were very strict. I come from a really good upbringing, so I've got a level head. You know, of course I'm a teenager, I'll do something stupid every now and then. But for the most part they made sure I wasn't going to jump off the deep end.

It's nice to see a gay teen character where it's just a part of his personality instead of being his personality.

I'm glad you see it that way because that's how we wanted it to be seen. First of all, I'm very open-minded and I have no problem with anything. I don't have any juďgment toward anyboďy, but where I come from that's still judged. So when I was reading the (script) they gave me, I was like, "Mom, I think this dude's gay." She was like, "No he's not," and I was like, "No, he is," (laughs). And I was kind of worried about going back home, are people going to make fun of me for this? What it broke down to was I wore pink heels in Paris Hilton's closet. I can live with that. I find that now that I've done it, it's like why was I even worried about it? It's a role.

The Bling Ring is based on the true events of a gang of L.A. teens ripping off celebrities. So how does Hollywood stack up to reality?

- In the film, you'll find.
 Harry Potter star Emma
 Watson plays attentionseeking Nicky, whose
 self-satisfied speeches
 outside the courthouse
 are a highlight of the
 film. But the real leads
 are the Bling Ringleaders played by Israel
 Broussard and Katie
 Chang, portraying characters based on Nick
 Prugo and Rachel Lee.
- In real life, you'll find.
 There is no Nicky. Wat-son's character is based on Alexis Neiers, who had an E! reality series called Pretty Wild that chronicled her arrest and jail time.
- In the film, you'll find.
 Broussard and Chang
 find a key under Paris
 Hilton's mat on their
 first visit, granting them
 access to the reality TV
 star's home.
- In real life, you'll find.
 They did in fact find
 a key under the mat.
 Prugo claims he and Lee
 targeted Hilton because
 they thought she was
 "dumb." Hilton appears
 in the film as herself
 and allowed Coppola to
 film in her house.



metronews.ca Wednesday, June 19, 2013



If you want to be cool like mommy, don't kiss mommy in public

Britney Spears admits she's starting to feel the sting of her kids getting older, particularly when it comes to her public displays of affection

"My sons are six and seven, so they're just now getting to the stage of where you can't kiss Mommy in front of your friends and all that kind of stuff," she tells Ryan Seacrest during a call into his radio show.

"They're getting what's cool and what's not."



Affleck finding that three's company

While Ben Affleck might have suggested he and Jennifer Garner were up for adding to their family following the arrival of their third child last year, he's apparently changed his tune. "That's not going to happen," he tells Extra when asked about having a fourth child.

"We're in a really good place. Three is good. That's enough."

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word



Angelina Jolie comes under fire for health decisions

While Angelina Jolie has received near-universal praise for her decision to undergo a voluntary double mastectomy to prevent developing breast cancer, at least one person isn't impressed.

Cancer survivor Melissa Etheridge says that she has the same faulty gene Jolie has that makes cancer more likely, and she doesn't recommend the course the Oscar-winner took.

"I wouldn't call it a brave choice," she tells the Washington Blade.

"I think actually it's the most fearful choice you can make when confronting anything with cancer."



Zero Dark Thirty star guarding her love life like a state secret

When it comes to her personal life, Jessica Chastain is looking to keep things under wraps — for now, at least.

"Sometimes when someone (in the press) asks me about my dating status, I get really quiet about that because I want to protect it," the Zero Dark Thirty star tells E! News.

"Seeing all these interviews with actors talking about loves of their lives and

then they break up in a year and you're thinking, 'What if something happens and they end up being a total jerk?' Then you forever have these pictures of you standing on the red carpets together."

But all hope is not lost for those looking for some Chastain romance news.

"When I'm engaged someday — who knows to who
— I'll probably be more open about it," she says.

Twitte



@ElizabethBanks We all hate swimsuit shopping, right?





@AmandaBynes

I'm in between nose surgeries! My eyes are black and blue because my nose is broken! I can't wait for my nose to be done! I'll share pics!



@samantharonson

If u don't want me to know about your party please send me an invite via Facebook.

metr OTTAWA JAZZ FESTIVAL

Wednesday, June 19, 2013

Natural attraction

Challenge. Multi-platinum artist Macy Gray joins saxophone legend David Murray on stage

SAMANTHA EVERTS

For Metro

After being compared to jazz singers like Billy Holiday and Nina Simone since her hit single I Try topped the charts in 1999, soul singer Macy Gray has at last stepped into the genre to which her raspy voice has been likened.

"I always liked the jazz classics," Gray said from her Los Angeles home before leaving for a tour with saxophone legend David Murray, which will see Gray performing his new album Be My Monster Love at Ottawa Jazz Festival on June 24. "It'll be a combination of mostly David's original songs, a couple of standards, and maybe a couple of my songs."

On her most recent albums, the Grammy award-winner has been taking a cue from jazz artists and covering songs from unexpected rock bands like My Chemical Romance on Covered and Stevie

Entertaining show

"Mostly it's really awesome musically with a huge big band and lots of really incredibly talented people onstage to put on a great show."

Macy Gray

Wonder on Talking Book to make them her own (both released in 2012).

"It's a challenge for me to step outside what I'm used to (and) pushes me to perform at a different level," Gray said. "It's (choosing) songs that you're attached to; that way it's natural to get into it and deliver it proper."

Previously collaborating with artists from Justin Timberlake to Fergie, Gray was drawn to Murray as an artist

"It was a natural attraction to start doing stuff together," said Gray, who first worked under Murray's direction with Questlove for a charity event in Paris in 2011.

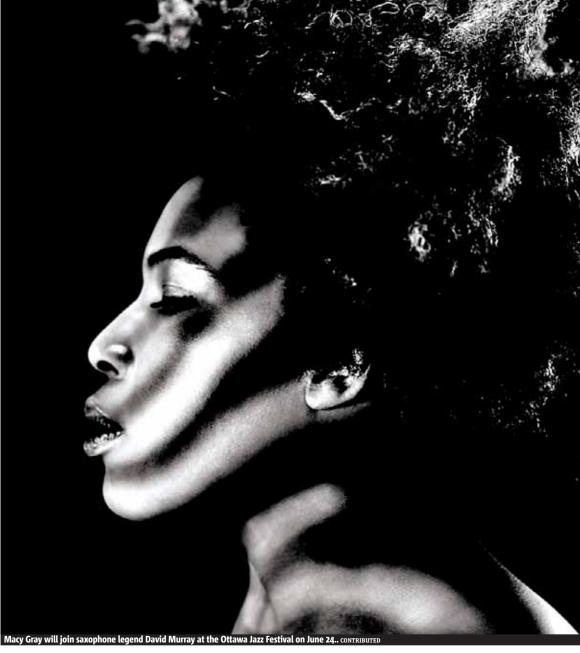
Part of that attraction led to recording an original song in a jazzy style that wound up being the title track of Murray's new album.

"Musically, it's exciting," Gray said.

"Be My Monster Love was the first original I recorded with David. It's a really visual song (in the) different ways it talks about love." Gray and Murray completed three songs together including the sassy Green Dress, which will no doubt encourage costume changes from the ever glamorous Gray

and get the audience dancing. "I'm a performer, it's what I do," Gray said of what to expect during the Jazz Festival

With a big band backing Murray, and Gray channelling jazz legends like Billy Holiday this rare performance could go down in history.





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OTTAWA JAZZ FESTIVAL 17

He's still making house calls

Legend. After more than 50 years in the music business, Dr. John has no plans of retiring soon

JEN TRAPLIN

Even though he has been making music for more than half a century, legendary New Orleans musical heavy-weight Mac Rebennack, better known as Dr. John, sill couldn't tell you the secret to his career longevity.

"I have been making records for 50 years or something and I have no idea what it really takes in one way," he admits.

"We all got to pay some dues to really get our feet wet. When I was a youngster and I went on the road with the chitlin' circuit, that was really paying some dues. But it was different than what people do now. Some people are just not working on the overall picture. They just kind of want to get something out of it."

to get something out of it."
Dr. John, who has recorded
more than 20 albums, released his latest effort, Locked
Down, last year. Produced by
Dan Auerbach of The Black
Keys, the album won the
Grammy Award for best blues
album, the result of great
chemistry between producer
and musician.

"I had a lot of kicks with Dan and I think he's a special producer. I also feel like he's very open and that's a good thing. He just cut things the old school way and I kind of dug that," said Dr. John, who admits he would love to work with Auerbach again, though no plans are currently in the works

Instead, the musician is taking his impressive career day by day and doesn't plan on calling it quits anytime soon — not intentionally, at least.

"The old timers always told me back in the day, the best way for a musician to retire is to fall over and die on the last song of the show — the band gets paid and you don't even have to play the encore."

Catch Dr. John and the Nite Trippers at 9 p.m. on Thursday at Confederation Park.

For ticket information, visit ottawajazzfestival.com.



A giant collaboration

SAMANTHA EVERTS

No one expected New Wave icon David Byrne and indie rock queen St. Vincent to be friends, let alone write the hit experimental pop record Love This Giant together.

"I was and am a big Talking Heads fan," said Annie Clark, a.k.a. St. Vincent.

She had heard that Byrne was in the audience at her Manhattan shows in 2008, when her critically acclaimed debut album Marry Me was released, but it wasn't until 2009 that they met and were unexpectedly asked to collaborate.

"Originally, we both

thought we could write a few songs and premiere them for (charity organization) NYC Housing Works but once we started we couldn't stop," Clark said.

They never ended up performing at the event — they made a record instead.

The record slowly developed over a two-and-a-half year period while both Clark and Byrne were on separate tours. They traded sound files and lyric-less melodies back and forth via email.

"It was an exercise in saying yes," Clark said of the songwriting process. "David would send me an idea and I would just trust and try to honour the original idea as much as possible" with her

musical response.

Having never collaborated with another musician before, working with Byrne allowed new creativity to flow,

"I'm the solitary songwriter traditionally, but this was a really fun challenge," Clark said.

It was Clark's suggestion of using backing brass instruments that brought the album together cohesively. One of those over-arching themedsongs includes The Forest Awakes, a song that Clark had been struggling with

been struggling with.

"It never had a melody and (when I) finally sent it to David, within two hours he'd written a melody and sent it back, making me go, 'Oh OK, it's a good song now.'"

Canada Day music from coast to coast

If you are looking to beat the heat this Canada Day, check out TD Ottawa Jazz Festival's free festivities at Confederation Park and Festival Plaza, both fully licenced and offering plenty of entertainment and shade.

And much like the throng of tourists that make their way to Ottawa every year to celebrate Canada's birthday, the artists performing at the Jazz Festival's party will be representing different parts of the country.

Things get going with a set by Quebec City native Caroline Keating, who recently released her debut album, Silver Heart.

Keating made a name for herself performing her own brand of poetic piano pop in small venues around Montreal, eventually going on to play at big name festivals like POP Montreal and M for Montreal, as well as Canadian Music Week, North by Northeast and South by Southwest in Austin, Texas.

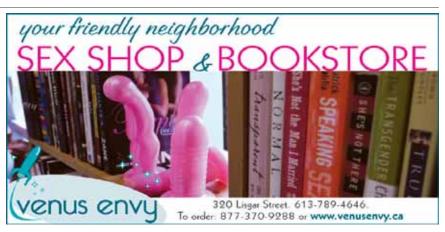
Vancouver native Tia Brazda takes the stage next, followed by a performance by the TD Jazz Youth Summit and Galaxie Rising Stars at Confederation Park.

Also on the bill is Montreal folk-inspired indie rockers Erik Lind and the Orchard, and B.C. Leeroy Stagger, whose song 'Just in Case' has been featured on Grey's Anatomy.

JEN TRAPLIN



d New Wave icon David Byrne perform their genre-bending Ilaborative pop album Love this Giant on Sunday.

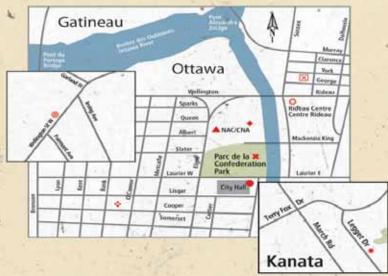








Willie Nelson & Family Dr. John & The Nite Trippers **Doobie Brothers David Murray Big Band** feat. Macy Gray **Boz Scaggs** ... and many more!

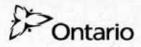








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June 20th - July 1st OttawaJazzFestival.com 613-241-2633

IIIISTEREOIIII

Vol.33

2013 Summer Edition

SCHEDULE

THURSDAY, JUNE 20

- O 12:00pm Florquestra Rideau Centre 06:00pm Ken Vandermark &

- Joe McPhee Duo NAC Fourth Stage 06:00pm Hutchinson Andrew Trio Confederation Park
- ♦ 06:30pm Danilo Perez Trio DC United Church + 07:00pm Trondhelm Jazz Orchestra NAC Studio
- 07:30pm The Heavy Confederation Park
 08:00pm Curtis Macdonald Trio Brookstreet Hotel
- ▲ 08:00pm Lean Left NAC Fourth Stage ★ 09:00pm Dr. John & The Nite Trippers Confederation Park
- 10:30pm Glen Hansard OLG Stage
 11:00pm Late night jamming AlphaSoul

FRIDAY, JUNE 21

- O 12:00pm Sax Appeal Flideau Centre

 12:00pm Jenna Glatt and The
 Boston Connection OLG Stage
- ▲ 06:00pm Bol Akih NAC Fourth Stage

 ◆ 06:30pm The Souljazz Orchestra DC United Church
- * 08:30pm Kellylee Evans Confederation Park + 07:00pm Tom Harrell Quintet plus Strings NAC Studio
- 08:00pm Hutchinson Andrew Trio Brookstreet Hotel
 08:00pm Mike Reed's People,
- Places and Things NAC Fourth Stage

 × 08:30pm Willie Nelson & Family Confederation Park

- 10:15pm Aolfe O'Donovan OLG Stage
 © 10:30pm LAL Mercury Lounge
 11:00pm Late night jamming AlphaSoul

SATURDAY, JUNE 22

- 11:00am YOUTH SERIES OLG Stage
- O 12:00pm Steve Bilodeau Group Fideau Centre O 02:00pm Go Long (!) Fideau Centre
- 06:00pm Qunicy Jones Presents: Alfredo Rodriguez Trio NAC Fourth Stage
- 06:30pm Roberto López Afro-Colombian Jazz Orchestra Confederation Park
- + 07:00pm Patricia Barber Quartet NAC Studio
- ◆ 07:30pm Michael Kaeshammer DC United Church
- 08:00pm Hobson's Choice Brookstreet Hotel
 08:00pm Silke Eberhard Trio NAC Fourth Stage

- 08:30pm David Murray Big Band featuring Macy Gray Confederation Park
 10:15pm Tortured Soul OLG Stage
 11:00pm Late night jamming AlphaSoul

SUNDAY, JUNE 23

- 10:00am YOUTH SERIES OLG Stage
- O 12:00pm Natalia and Montuno Rideau Centre
 O 02:00pm Folk Goes Jazz Rideau Centre

 O 06:00pm French American Peace Ensemble NAC Fourth Stage

 * 06:30pm Mike Murley Septet Confederation Park

 O 06:30pm Mayis Staples DC United Church

 O 06:30pm Cloning Americana NAC Fourth Stage

- ★ 08:30pm David Byrne & St. Vincent Confederation Park
 10:15pm Young Galaxy OLG Stage 11:00pm - Late night jamming - AlphaSoul

MONDAY, JUNE 24

- O 12:00pm Rick Rangno/
 Yves Laroche Project Rideau Centre

 12:00pm Kim Kasidw Sextet OLG Stage

 06:00pm Christian Wallumrod Ensemble NAC Fourth Stage

- ★ 06:30pm Quincy Jones presents: Nikki Yanofsky Confedera
- ▲ 08:00pm Joe Morris/William Parker/ Charles Downs NAC Fourth Stage
- * 08:30pm Bob James, David Sanborn: featuring Steve Gadd Confederation Park
- 10:15pm Gilad Hekselman Trio OLG Stage
- @ 11:00pm Late night jamming AlphaSoul

TUESDAY, JUNE 25

- O 12:00pm The Peter Liu Quintet Rideau Centre
- 12:00pm eagles / mcgowan / wittet OLG Stage
 06:00pm Peter Van Huffel's
 GORILLA MASK NAC Fourth Stage

- ◆ 06:30pm Chucho Valdés & The Afro-Cuban Messengers DC United Church
- * 06:30pm Relative Quartet Confederation Park + 07:00pm COURTNEY PINE presents
- HOUSE OF LEGENDS NAC Studio .
- ▲ 08:00pm Lina Nyberg Band NAC Fourth Stage ★ 08:30pm Spanish Harlem Orchestra Confederation Park
- 10:15pm Carmen Souza OLG Stage
- @ 11:00pm Late night jamming AlphaSoul

WEDNESDAY, JUNE 26

- O 12:00pm Book of Clay Rideau Centre

 12:00pm Chocolate Hot Pockets OLG Stage
- ▲ 06:00pm Peggy Lee Band NAC Fourth Stage ★ 06:00pm Tyson Naylor Trio Confederation Park
- + 07:00pm Steve Kuhn Trio with
 Steve Swallow & Joey Baron NAC Studio

 # 07:15pm The James Hunter Six Confederation Park

 # 08:00pm Brad Turner Quartet NAC Fourth Stage
- ★ 09:00pm Dooble Brothers Confederation Park
 10:30pm 10 years of The Triplets
- of Belleville OLG Stage 11:00pm Late night jamming AlphaSoul

THURSDAY, JUNE 27

- O 12:00pm Nicole Ratté Jazz Quintet Rideau Centre
- ▲ 06:00pm Soweto Kinch Trio NAC Fourth Stage ★ 06:30pm Erin Costelo Quartet Confederation Park
- ♦ 06:30pm Fats Waller Dance Party
- featuring Jason Moran and Meshell Ndegeocello DC United Church + 07:00pm Nicholas Payton XXX NAC Studio
- 08:00pm Tyson Naylor Trio Brookstreet Hotel
 08:00pm Stretch Orchestra NAC Fourth Stage
- * 08:30pm Boz Scaggs Confederation Park
 * 10:00pm Nicotas Repac NAC Studio
 * 10:15pm Tin Men & the Telephone OLG Stage
- 11:00pm Late night jamming AlphaSoul

FRIDAY, JUNE 28

- O 12:00pm Groove Plus Rideau Centre
 12:00pm Craig Pederaen Quartet OLG Stage
 A 05:00pm Marianne Trudel- TRIFOLIA NAC Fourth Stage
- ₩ 06:30pm Alan Jones Canadian
- All Star Sextet Confederation Park

 08:30pm SWEET HONEY IN THE ROCK® DC United Church
- ▲ 07:00pm Tomas Fujiwara & The Hook Up NAC Fourth Stage ◆ 07:00pm Larry Goldings/ Peter Bernstein/ Bill Stewart NAC Studio
- 05:30pm T3 Jazz Trio Brookstreet Hotel
- 08:00pm Rafael Zaidivar Group Brookstreet Hotel
 08:30pm The Bad Plus Confederation Park ▲ 09:00pm - Rémi Panossian Trio - NAC Fourth Stage

 10:15pm - The Herballean CCC - NAC Fourth Stage

- 10:15pm The Herbaliser OLG Stage
 10:30pm Maylee Todd Mercury Lounge
 11:00pm Late night jamming AlphaSoul

SATURDAY, JUNE 29

- O 12:00pm'- Steve Boudreau &
- Garry Elliott plus two Rideau Centre 12:00pm The Flaps OLG Stage

- O 02:00pm Angèle and the Swingin' Devils Rideau Centre
 O 02:00pm The Hornettes OLG Stage
 A 06:00pm Thomas Enhco Trio NAC Fourth Stage
- 06:30pm Rafael Zaldivar Group Conlederation Park
 06:30pm Ladysmith Black Mambazo DC United Church
 07:00pm Kurt Rosenwinkel New Quartet NAC Studio
- ▲ 08:00pm Dainius Pulauskas Group NAC Fourth Stage
- 08:00pm Ori Dagan Trio Brookstreet Hotel ¥ 08:30pm - Jazz at Lincoln Center Orchestra
- with Wynton Marsalis Confederation Park
 + 09:00pm Scottish National Jazz Orchestra NAC Studio
- 10:00pm Ben Taylor OLG Stage
 11:00pm Late night jamming AlphaSout
- 11:30pm Gypsophilia OLG Stage

SUNDAY, JUNE 30

- O 12:00pm Django Libre Rideau Centre 12:00pm Claude Munson &
- The Storm Outside CLG Stage
- Q 02:00pm Three Little Birds Rideau Centre
- 02:00pm John Carroll & the Epic Proportions OLG Stage
- * 05:00pm TD Jazz Youth Summit Confederation Park
 * 06:00pm Julian Argüelles Quartet NAC Fourth Stage
 * 06:30pm Wayne Shorter Quartet DQ United Church
 * 06:30pm Los Gringos Confederation Park

- ★ 08:00pm The Rob Frayne Dream Band Confederation Park ▲ 08:00pm Traeben NAC Fourth Stage
- * 09:15pm Vic Vogel & Le Jazz Big Band Confederation Park
 * 10:30pm Gregory Porter OLG Stage
 * 11:00pm Late night jamming AlphaSoul

MONDAY, JULY 1 - FREE

- 11:00am Caroline Keating OLG Stage
 12:00pm Travel Alberta Confederation Stage
 01:00pm Tia Brazda OLG Stage
- # 02:00pm TD Jazz Youth Summit
- and Galaxie Rising Stars Confederation Stage 03:00pm - Erik Lind and the Orchard - OLG Stage
 04:00pm - The Central Band of the
- Canadian Forces Confederation Stage

 05:00pm Leeroy Stagger OLG Stage

 06:00PM Chic Gamine Confederation Stage





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metr⊕

OTTAWA JAZZ FESTIVAL

Evolution. Staying in tune with the times

JEN TRAPLIN

As the music industry changes, so too has the Ottawa Jazz Festival.

Launching more than 30 years ago, the Jazz Festival started as a small weekend concert series and has since grown into a nearly two-week festival featuring some of the

biggest names in jazz. But a few years ago, organizers were starting to notice that the numbers were dwin-

"It sort of became apparent that audiences were diminishing, in some respect, for jazz content," says Ottawa Jazz Festival marketing and media coordinator Evan Clark, who admits that part of the problem audience with a product that appeals to an older crowd.

So, four years ago, the festival created the OLG After Dark Series, an edgy, late-night music series that is geared toward a younger, more party-oriented audience.

"Around the same time, we also started booking a slightly more diverse main stage lineup, more mass appeal type artists, in order to broaden the audience base," Clark said. "With that, we've increased our youth segment by 20 or 25

per cent."
Though some of the changes are rather recent, executive producer Catherine O'Grady says the Ottawa Jazz Festival has really been transitioning for about a decade.

"We've been trying to find that sweet spot where one is loyal to the artistry and to the

and still manages to pay the bills with work that's a little more commercially accessible and popular."

Regardless of the popularity or commercial success of any of the artists performing at the festival, both O'Grady and Clark believe that the music

always speaks for itself. "We're always true to our foundation of being a jazz fes-

is so diverse and of such a high calibre across the board that, if you're here for the music, you will never be disappointed, even if you don't know who is on the bill."

"It's really just a matter of the audience going with us for the ride," O'Grady added.
"As long as they're willing to get on, the musical experience will be extremely rewarding."

No longer a secret

Nikki Yanofsky.

Jazz prodigy will debut original music from new album on June 24

SAMANTHA

Few singers can say they have sung for 3.2 billion people at once, let alone performed with legendary musicians like Elton John and Stevie Wonder by the time they were 19.

Montreal jazz prodigy Nik-ki Yanofsky has and is debuting all original music from her upcoming new album Little Secrets at Ottawa Jazz

"It'll be like a sneak preview," said Yanofsky, who is excited to perform them along with a mix of classic jazz hits. The four-time platinum artist shot to fame as the voice of the 2010 Olympics theme song I Believe, but it's the jazz festival circuit to

of s the Jazz restival circuit to which she is eager to return.

"It's where I got started," Yanofsky said of her first outdoor headlining gig at the Montreal Jazz Festival when she was 12. "It's my favourite because it makes it feel like a hig part." big party."

Lending her Ella Fitzgerald-like vocals to her previous albums, including the chart topping Nikki, Yanofsky is poised to release her first all original album Little Secrets, produced by jazz icon Quincy Jones.

Under Jones' mentor-ship, she spent two years developing her songwriting skills and discovering herself as an artist.

"He's really helped me find myself and trust my gut and follow my sound, rather

"I wanted to bring jazz to my generation (by) bridging jazz and pop. Every pop song on it has a jazz element, whether it be a scat or chord. It's always got that jazzy vibe to it."

Nikki Yanofsky

than conform into a standard singer, which is what people expected but never what I wanted to really do."

Instead, the young artist had another goal for her new album. "I wanted to bring jazz to my generation (by) pridging jazz and pop. Every pop song on it has a jazz ele-ment, whether it be a scat or chord. It's always got that jazzy vibe to it."





New series offers great acts

With support from Celebrate Ontario, the TD Ottawa Jazz Festival has developed a brand new series for 2013 — the Tartan Homes Signature Series.

Anchored by the Wayne Shorter Quartet, this new series offers performances by marquee jazz talent in an in-timate setting, the Dominion-Chalmers United Church, a venue that is renowned for its top notch acoustics.

For Bruce and Ian Nicol.

owners and managers of Tartan Homes and perennial local arts supporters, getting involved with the TD Ottawa Jazz Festival this year was a no-brainer. "The Jazz Festival is new

for us this year," said Bruce Nicol, whose company also sponsors the Great Canadian Theatre Company, the Ottawa Folk Festival, Ride the Rideau, and various other local causes.

"The team has been wonderful to work with. We think will stay involved for a num-

ber of years."

Artists performing during the inaugural Tartan Homes Signature series include Rock and Roll Hall of Famer and Grammy Lifetime Achieve-ment Award winner Mavis Staples on Sunday. Staples started her legendary career more than 60 years ago when she was part of the ground-breaking family group the

Staple Singers.
One of South Africa's most successful musical groups, Ladysmith Black Mambazo. is part of the talent being brought to Ottawa for the Tartan Homes Signature Series. Celebrating more than 50 years of performing traditional South African music, Ladysmith Black Mambazo takes the stage at the Dominion-Chalmers United Church

on June 29. Also, don't miss performances by the Danilo Perez Trio, The Chucho Valdes & the Afro-Cuban Messengers, Jason Moran Fats Waller Dance Party, Sweet Honey in the

Rock, and Yamanu Costa. General admission tickets for the Tartan Homes Signature Series are \$35 each. The shows start at 6:30 p.m. at the Dominion-Chalmers United Church (355 Cooper St.) on select evenings throughout the festival Guests are asked to arrive 15 minutes before the scheduled performance.

For more, visit ottawajazzfestival.com. JEN TRAPLIN

Welcome to the after-party

Edgy. OLG After Dark Series keeps the party going after acts have left the main stage

JEN TRAPLIN

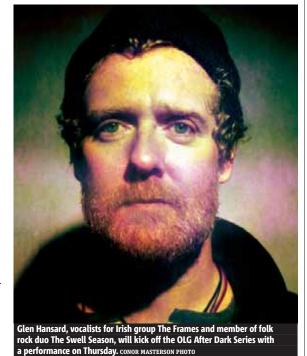
If you are looking to extend the party after watching the TD Ottawa Jazz Festival headlining acts at Confederation Park, head across the street to Marion Dewar Plaza at city hall for the OLG After Dark Series, an edgy, late-night music series.

Timed to start shortly after the headlining performances on the main stage wrap up, the OLG After Dark series features an impressive list of up-and-coming urban artists.

Glen Hansard, vocalist for Irish group The Frames and member of folk rock duo The Swell Season, kicks off the OLG After Dark Series with a performance on Thursday. Hansard launched his solo career last year with the release of his album Rhythm and Repose.

Brooklyn-based dance trio Tortured Soul will keep you on your feet Saturday, when it bring its own brand of musician-driven EDM to the OLG After Dark Series.

Montreal-based indie electro pop group Young Galaxy hit the stage Sunday. The band just released its fourth studio album, Ultramarine, which was recorded in Goth-



enburg, Sweden.

On June 27, don't miss Tin Men and the Telephone. Their show incorporates sound found in everyday life — directions from a GPS, ringtones, traffic noise — into a performance combining theatrical and visuals elements with music.

The series also includes a set by renowned U.K. jazz rap group The Herbaliser, featuring ex-Ottawa emcee Ghettosocks, on June 28.

Grammy nominee Greg-

ory Porter performs June 30. His debut album, Water, was nominated for best jazz vocal album at the 53rd annual Grammy Awards.

The OLG After Dark Series takes place from June 20-30 at Marion Dewar Plaza (across from Confederation Park). This general admission venue is open to park ticket holders of the same day and all pass holders. Tickets can also be purchased separately for \$20 each. For more, visit ottawaafterdark.ca.

Summit. Developing young musicians

Over the course of this year's TD Ottawa Jazz Festival, young musicians from across the country will be participating in a 10-day learning experience focused on their musical development.

The TD Jazz Youth Summit brings together musicians between the ages of 17 and 21 who want to pursue post-secondary education in jazz or music with the goal of eventually becoming professional musicians.

In total, more than \$58,000 of scholarship money has been given out over the program's nearly 10-year existence to help young artists pursue their education or career.

Every year, after a lengthy selection process, a small group of 15 to 20 young artists are hand-picked by festival programmer Petr Cancura and Youth Summit director and Humber College music professor Jim Lewis to receive full scholarships for the nearly two-week intensive program.

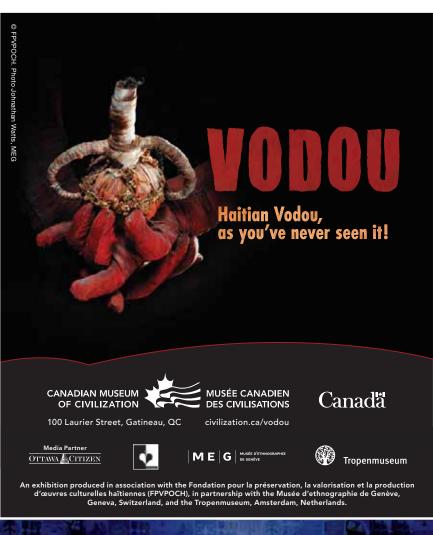
Those scholarships include hotel accommodations and paid transportation. The young musicians also have full access to the festival, al-

lowing them to take in dozens of concerts by some of the biggest names in jazz.

Participants of the TD Jazz Youth Summit take part in daily rehearsals and master classes led by leading jazz musicians from all over the world, including past festival performers Bela Fleck, Darcy James Argue, Christine Jensen, and Herbie Hancock.

To cap off the 10-day learning experience, summit attendees will also be performing twice on the festival's main stage alongside some of the biggest names in jazz.

JEN TRAPLIN





TRAVEL metronews.ca Wednesday, June 19, 2013

Finding free things in one of the world's most expensive cities may sound impossible. Surprisingly, Tokyo offers a wide range of museums, parks, historical sites and cultural activities for free — good news for budget travellers who want to see a lot and still enjoy expensive sushi.

THE ASSOCIATED PRESS



Old and new

Meiji Jingu Shrine is a piece of old Tokyo not to be missed. Boasting the nation's largest wooden "torii" gate, the shrine was built more than 90 years ago to commemorate Emperor Meiji, who reigned as Japan opened to the rest of the world after centuries of isolation. A short walk from the serenity takes you to Harajuku and Omotesando, a Mecca of latest fashion and culture, the district of "cool" new Japan. Walk down the Takeshita street packed with young people looking for the latest "kawaii" (cute) trends.



Free things to do in Tokyo



Japan's legislative home

Parliament, or the National Diet, as it is officially known, stands on a site once occupied by feudal lords and is now home to Japan's legislative headquarters. Completed in 1936, the building with a landmark pyramid-shaped dome houses the two chambers — the more powerful House of Representatives (Lower House) and the House of Councilors (Upper House) — under the Japanese parliamentary system. The Upper House provides a free hour-long tour when the house is not in session.

Tsukiji fish market

Sprawling Tsukiji fish market — the world's biggest — is where those beautiful slices of tuna on your sushi come from. Want to witness the famous tuna auctions? Then get up early and be there by 5 a.m. to queue up for the first 120 viewing slots. If that's too early, you can still spend hours roaming a maze of narrow alley ways, but watch out for the motorized carts whizzing around with ice troughs filled with fish.





Walk to Odaiba Beach

Need to burn calories after eating all the delicious local food, but you're too busy sightseeing? Here is a perfect plan — a scenic walk over the Rainbow Bridge to the reclaimed island of Odaiba out in the Tokyo Bay for a picnic, sunbathing on a man-made beach, or even a jog. The walk is just more than 1.7 kilometres including the 918-metre-long single-span suspension bridge and takes less than an hour one way.

Experience a (fake) quake

Japan is one of the most earthquake-prone countries in the world. This public facility, the Ikebukuro Disaster Prevention Center, run by the Tokyo Fire Department, offers a uniquely Japanese experience that can be educational, a bit scary, but also fun. Visitors can experience a temblor — as violent as the March 2011 disaster that struck northern Japan — in a quake simulator built in a living room set.



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metronews.ca Wednesday, June 19, 2013 **FOOD**

Raw fish, it isn't just for sushi



ROSE REISMAN

Seviche is a seafood dish popular in the coastal regions of the Americas, especially Central and South America.

The dish is typically made from fresh raw fish marinated in citrus juice. Buy the freshest fish possible from a reputable fish store. You can also use white fish such as snapper, tilapia and halibut.

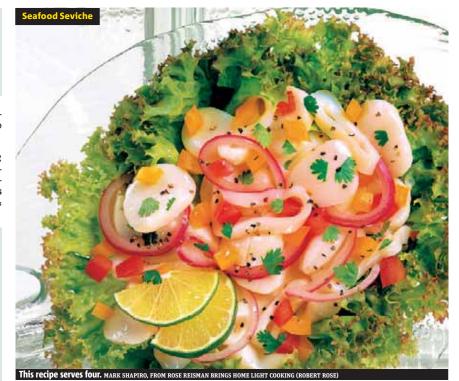
1. In bowl, place scallops,

Nutritional analysis

Per serving: 111 calories, 11 g protein, 4 g fat, 7 g carbohydrates, 95 mg sodium, 76 ma cholesterol, 1 a fibre

squid, onion, red pepper, tomato, garlic, lime juice, cilantro and oil; stir to combine.

2. Cover and refrigerate for 2 hours to marinate, stirring occasionally. Serve over lettucelined plates. ROSE REISMAN BRINGS HOME LIGHT COOKING (ROBERT ROSE) BY: ROSE REISMAN



Drink of the Week

Skinny Swizzle

This low-cal cocktail is diet-friendly but doesn't skimp on flavour with a crisp combination of lime syrup, Angostura bitters and tonic water.

- 1 oz Belvedere Vodka
- 1 oz lime syrup
- Angostura bitters
- Tonic water
- Garnish: lemon, lime and cucumber wheels

Combine vodka with lime syrup, bitters and tonic water. Garnish with

lemon, lime and cucum-

COURTESY OF BELVEDERE

ber wheels.



Prep time: 2 hours (the longer you marinate the better the flavours)

- 1/4 lb scallops or shrimp, sliced
- 1/4 lb squid, sliced
- 1/2 cup finely chopped red
- 1/2 cup diced sweet red or

yellow pepper

- 1/2 cup diced tomato
- 1 tsp crushed garlic
- 1/4 cup fresh lime or lemon
- 2 tbsp chopped fresh cilantro or parsley
- 1 tbsp olive oil
- Lettuce leaves

One-pot wonder: Steamed Clams & Mussels with Garlic

HUMPHREY

Seafood is a popular choice at my house and is really quick for those short on time.

There's few ingredients to this Steamed Clams and Mussels with Garlic dish, and you can serve little bowls of it with a bit of the juices ladled over top, along with thick slices of a boil, stirring up any bits off bread to sop up the juice.

1. In a large, deep pan, melt the butter over medium low heat and sauté the shallot and chili until softened. Add the garlic and continue to stir, cooking, until fragrant; about 2 minutes. Don't let the garlic

2. Add the wine and bring to

the bottom.

3. Turn the heat down to medium low so that the mixture is simmering, then pour in the clams and mussels. Cover the pan with a lid and let them steam for about 5-7 minutes, stirring and checking every now and then. You'll know that they are cooked

when the shells have opened.

4. Discard any unopened shells (there's always a few), and don't worry about the ones that are opened only a bit. You can still eat those. Sprinkle the parsley and pepper over top and serve. Divide the mixture among four bowls, ladling the juices over top for people to soak up with bread. Serve with the lemon wedges alongside. YUMMYMUMMYCLUB.CA IS AN ONLINE RESOURCE TO HELP WOMEN SURVIVE

- 3 tbsp butter
- 1 shallot, thinly sliced
- 1 thai chili, seeded and minced (optional)
- 4 garlic cloves, peeled and
- 1/2 cup dry white wine
- 2 lbs of mixed clams and mussels, washed and cleaned (they can be a bit gritty)
- 3 tbsp minced Italian parsley
- cracked black pepper
- lemon wedges

Lunch or side dish. Shrimp Avocado Salad



Cooked, frozen shrimp is readily available at the supermarket and makes this dish a snap to make. If using fresh shrimp, remove the shell and then make a shallow cut down the back of the shrimp to expose the vein. Gently pull it out.

- 1. In a medium salad bowl, combine shrimp, red peppers, avocados, salt, sugar and pepper. Add lettuce. Pour dressing over salad, toss and
- THE CANADIAN PRESS/ CANADIAN FISHING COOKBOOK BY JEFF MORRISON (COMPANY'S COMING, 2013)

- 500 g (1 lb) cooked medium
- to large shrimp, deveined
- 2 red peppers, seeded and finely chopped
- 2 avocados, peeled, pitted and chopped
- 3 ml (3/4 tsp) salt
- 5 ml (1 tsp) sugar
- 1 ml (1/4 tsp) pepper
- . 8 to 10 leaves iceberg lettuce, torn into small pieces
- 125 ml (1/2 cup) Italian salad



metr⊕ **WORK/EDUCATION** metronews.ca Wednesday, June 19, 2013

Exercise your right to stay healthy on the job

Let's get physical.

Scheduling in a good sweat between meetings can add some extra muscle to your nine-to-five

MEGHAN **GREAVES**

When heading off into the "real-world" as a new grad, you may find it difficult to get everything you want

One task that often gets pushed aside is hitting the gym on a regular basis. For most, working out directly before or after work isn't appealing. Who truly wants to wake up an hour early or get home an hour late? Not

if you're having trouble fitting your work-outs before and after work, when can you? At lunch! For most full-time employees, you'll have an hour-long lunch, which gives you just enough time to get a quick work-out in.

Not sure if it's doable? Read on to learn why it completely is and how to

Get everything in order

"I'd like a half hour workout with a side of shower time and spinach salad please!" sounds like a little much right? It is possible though with a bit of organization. To do so, pack your work clothes, gym gear and home-made lunch with you

@TalentEgg: #QuestionoftheDay: Do you have a desk job? How do you stay active when you're sitting all day at work?



- @Joanne4RBC: A short walk after lunch. Take a break from the computer to rest your eyes. Enjoy some friendly chats with co-workers. Stretch!
- @Ellie_Khayatian: stepping away for a quick lunch break, giving your eyes a break. Also, making sure to squeeze in gym time as often as possible!
- @saraherodrigues: Lunchtime walks around the building, taking the stairs, plus actually going to people's desks instead of calling/emailing.
- @CarrieOswald1: Must look so weird dancing around in my office but I need to move & burn energy. Don't know how anyone could sit still for 8

all in one bag so it's ready to go. This will make it easy for you to go from one thing to the next smoothly.

Intensity, intensity,

Sometimes less is more! It's completely possible to have a short, intense workout if you plan your workouts

before hand. For example; if you're going to the gym three times a week on your lunch break, plan three different workouts for you to rotate through each day you go (on your phone, cue cards, etc). This will allow you to make the most of your gym time by having a game plan all while knowing that you're getting everything in that you need

Stay energized

When working out on your lunch break, it's crucial to hydrate and get the proper nutrients. Firstly, working out on an empty stomach isn't healthy. Secondly, you don't want work to be affected. Have a small snack (like yogurt, veggies and hummus, apple slices, etc.) before your workout and eat your lunch after your workout to keep you on your A-game.

Come in a little earlier, leave a little later

When first getting into your lunchtime workout routine, you might take a few extra minutes longer than expected. To ensure that your work isn't being affected, come in a bit early and don't hesitate to stay a bite later than normal. Once you start to get your routine down pat, you should be able to balance everything

TALENTEGG.CA IS CANADA'S LEAD-ING JOB SITE AND ONLINE CAREER RESOURCE FOR COLLEGE AND UNI-VERSITY STUDENTS AND RECENT GRADUATES.



fou don't need a gym: If there isn't a gym close to your work, you can still get an effective workout in. Make use of what you have at hand! Go for a run, walk, bike, rollerblade or even bring a yoga mat to a nearby park. 1870CK

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Could a desk be leading to your demise?

Labour pains.

Did we really think technological innovation was going to make our jobs more convenient without any repercussions?

MARDI MORRISON

TalentEgg.ca

Think lounging on the couch watching a movie with a family-size bag of Doritos is worse for you than working at your office job? Think again. Researchers are saying the desk-job environment is the new silent killer.

According to a study by researchers at Louisiana State on occupation-related physical activity and its association with obesity, in the 1960s, nearly half of all jobs required physical activity, and today, less than 20 per cent do. It seems that remaining 40-something per cent has translated into skyrocketing obesity rates and other health problems, such as poor circulation, carpal tunnel syndrome, blurred vision — and the list doesn't end there.

Those of us with desk jobs usually sit and gawk at a computer for eight hours daily, give

We can see why this would be unnatural, but is it really so bad? Yes — it's been found that uninterrupted rest is the underlying culprit of this health phenomenon. Sitting down in front of a computer for a few hours is okay (let's be honest,



Some workers don't recognize that their well-being is just as important as work ethic in the eyes of their superiors, so they strive to overwork but their plan backfires when their ailments affect their ability to perform.

if we weren't at work, we'd probably be doing it anyway), but without a break and a comprehensive stretch every once in a while, blood can't flow to where it needs to. To make matters worse, when we're sitting, we usually exhibit poor posture because that's what's comfortable

We are simultaneously compromising our eyesight by being held hostage by a blinding screen all day. Our eyes weren't made to handle such intense stimulation for hours on end, so this irritation also leads to more headaches. And typing while we do this doesn't improve the situation; with our hands working the keyboard and mouse from dawn to dusk, we risk developing carpal tunnel syndrome, tendonitis, or The Claw, which Chandler developed on Friends after playing Pacman for hours straight. It's clear our bodies were built

to do things in moderation.

Are we starting to see why our bodies hate us for our desk jobs? Students and recent grads may be naive to how this can affect them; they may believe they're young and therefore immune to these body strains, but the truth is that invincibility doesn't exist. There are also the eager kids who are in the process of hatching their careers and feel they must impress their superiors by creating a hard-working perception of themselves. But you know what's really impressive? Knowing your limits - and taking a break once you've hit them. Most employers urge break-taking, but it nevertheless may be seen as a weakness by employees.

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Be good to your body

Desk jobs may seem like an attractive worklifestyle, but it's more dangerous than we know: how are we supposed to lead a productive, healthy, and enjoyable work day? The solution:

- Move more: For proper blood flow, a limber back bone, minimal strain on your eyes and hands, and your sanity: take short, frequent breaks. Get vertical! Walk around and get a whiff of fresh air if possible. Another good tip to get you moving is to keep essentials out of arm's reach. Stash your belongings at the other end of the office so it will force you to take a stroll whenever you need something. Lastly, employers should govern meetings using a stand-only policy — just because the chairs are there doesn't mean you have to use them.
- Sit right: The reality is we do have to sit sometime, so for when we do sit right. If the possibility of developing a hunchback doesn't motivate you to sit up straight, swap your chair! Exercise balls are the new office chair: fit, fun, functional! If you're an extremist and want to take it a step further, they recently invented the

 $\label{eq:caution:maylead} \mbox{treadmill desk} - \mbox{caution: may lead to extreme} \\ \mbox{efficiency.}$

- Eat right: You guessed it spare a few extra minutes to pack a healthy lunch at least three days of the week, and eat it anywhere but your workspace. The desire to use your computer on your lunch to tweet the latest or catch a show is understandable, so if you insist on social media, take your mobile with you so you can remain mobile.
 - Change your scene: Mix it up! If you're experiencing writer's block or sheer boredom, spring for a change and work in different places around the office, if possible. A change of scenery may inspire a change of ideas and keep you alert.
 - Be efficient: Don't stay late too often. This could lead to psychological burnout and will eventually result in getting less done later. Work harder in fewer hours; you'll feel better about yourself for the time you've freed up for yourself.



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No offence, but Hawks still in the title hunt

Stanley Cup final.

Chicago trails Boston 2-1 in the series with unproductive power play a big concern

There is no panic or frustration. But Chicago Blackhawks coach Joel Quenneville acknowledges his team is in a tough spot going into Game 4 of the Stanley Cup final.

'You lose back-to-back games, it gets your attention," the coach conceded. "We're in a hole right now. We want to make sure (Wednesday) we prioritize the importance of that game and it's a different level."

Down two games to one, the Hawks face a tall order in trying to bring down the Bruins in their own building.

Boston has won seven straight at home and is 8-2 overall at TD Garden in these playoffs, outscoring the opposition 28-17.

At least the Hawks can take solace from their second-round series against Detroit. They trailed the Red Wings three games to one before reeling off three straight wins.

"I think we're in a tough spot," Quenneville acknowledged. "In the Detroit series we found a way to get ourselves

to get back into it. That's what we're looking for. (Wednesday) is a very important game, like we have to win (Wednesday) night. Come up with a good result, we're right where we want to be."

Quenneville said he hoped injured star Marian Hossa (upper body) will be back in the lineup. Chicago's co-scoring leader was a late scratch Monday, replaced by Ben Smith

The Chicago coach has other concerns.

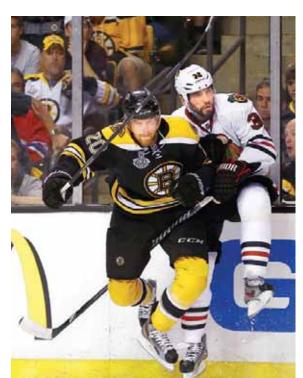
His team is getting schooled in the faceoff circle, putting the Hawks constantly on the back foot. Boston won 40 of 56 faceoffs Monday with Patrice Bergeron winning 24 of 28 draws.

Chicago's power play, which was ordinary during the season (ranking 19th with a 16.7 percentage success rate), has been even worse in the playoffs.

Chicago was 0-for-5 with a man advantage in Game 3 and has not scored a power-play goal in its last 20 chances dating to Game 2 of the Western Conference final. The Blackhawks have an 11.3 per cent success rate this post-season (7-for-62), and are only 3.7 per cent on the road (1-for-27).

The Hawks are 0-for-11 with a man advantage against Boston this series.

Boston's penalty killing isn't helping matters. The Bruins



he Bruins' Daniel Paille checks Michal Rozsival of the Blackhawks in Game 3 of the Stanley Cup final on Monday in Boston. The Bruins lead the series 2-1.

killed off five power plays Monday night, stretching their successful string to 27 consecutive penalties dating to Game 5 of the Eastern Conference semi-

Red Wings

Detroit, Datsyuk strike 3-year deal

The Detroit Red Wings accomplished their No. 1 goal of the off-season Tuesday by agreeing to a \$22.5-million, three-year deal with Pavel Datsyuk.

Datsyuk and the Red Wings reached the deal two days before his 35th birthday, keeping the Russian superstar with the franchise through the 2016-17 season.

Datsyuk led Detroit with 15 goals and 49 points in the 48-game, lockout-shortened season. THE ASSOCIATED PRESS

Sharks

Couture says yes way, San Jose

The San Jose Sharks agreed to a contract extension with star centre Logan Couture to keep him off the market next

summer. Couture is owed \$3 mil-

lion next season in the final year of a two-year, \$5.75-million contract. Comcast SportsNet California reported the new deal to be for five more seasons. THE ASSOCIATED PRESS

Flyers

Streit agrees to play in Philly

A person familiar with the deal confirms veteran defenceman Mark Streit has agreed to a four-year, \$21-million contract with the Philadelphia Flyers.

The Flyers acquired the 35-year-old in a trade with the New York Islanders less than a week ago. THE ASSOCIATED PRESS

Boston's 3rd line is Chicago's No. 1 enemy

Chris Kelly, Daniel Paille and Tyler Seguin have proved to be a winning combination for the Boston Bruins.

Coach Claude Julien threw the line together in Game 2 of the Stanley Cup final and it has quickly become a thorn in the side of the Chicago Black-

Kelly scored to pull Boston even before Paille settled it in overtime. Paille scored the winning goal again in the

"I'm just a little ticked off that I didn't put them together sooner."

Bruins coach Claude Julien on the line of Chris Kelly, Daniel Paille and Tyler Seguin.

2-0 victory Monday, while he and Kelly drew penalties that ultimately led to Patrice Bergeron's insurance goal on the power play.

Julien credited their hard

work on the Paille goal Mon-

day.
"Great forechecking job forces a turnover. A guy in the open. Once the turnover is there, pass to the slot, good

shot. But also staying on top of the puck, we won two battles right after that shot in order to score that goal."

He also pointed to Seguin's

"What he's realized is that just because you don't score doesn't mean you can't be a good player," said Julien. "He's been a good player because he's competed hard in all areas of the ice."



To-Morrow drifting further away from Jays right-hander

MLB. Pitcher suffers forearm setback in single-A game as shortstop Jose Reyes inches closer to return

Toronto Blue Jays right-hander Brandon Morrow has been taken out of rehabilitation after suffering a set-

Morrow pitched two innings on Monday with single-A Dunedin and gave up five hits and three runs, including a homer.

It was Morrow's first game since leaving after two innings against Atlanta on May 28 with forearm tightness. He is 2-3 with a 5.63 ERA in 10 starts this season



with Toronto.

"His forearm is still bothering him and they're backing him off that rehab," Blue Jays manager John Gibbons said Tuesday. "They're going to re-examine him and see where he's at.

In the meantime Esmil Rogers will continue to start, as will newly signed veteran Chien-Ming Wang.
Gibbons added that short-

stop Jose Reyes was nearing a return after a successful outing in the same game in

Reyes, who suffered a severe ankle sprain in an April 12 game at Kansas City, had two hits and two runs on Monday night against the Tampa Yankees.

He will DH on Tuesday and is expected to play for either double-A New Hampshire or triple-A Buffalo by the end of the week.

THE CANADIAN PRESS



Braves come up short at home vs. Mets

Jason Heyward of the Braves is tagged out on a steal attempt by Omar Quintanilla of the Mets at Turner Field on Tuesday. Matt Harvey pitched six hitless innings, John Buck homered and the Mets held off another Atlanta comeback, beating the Braves 4-3 in the first game of a doubleheader. scott cunningham/getty images

MLB

More injury woes in the Bronx

Kevin Youkilis needs back surgery and Mark Teixeira returned to the 15-day disabled list Tuesday with an aching right wrist, the latest injury setbacks for the depleted New York Yankees. THE ASSOCIATED PRESS

Tennis

Venus pulls out of Wimbledon

After 16 consecutive years of always showing up at Wimbledon, winning five titles along the way, Venus Williams pulled out of the Grand Slam tournament on Tuesday, citing a back injury. The associated press

NBA

Ellis walking away from Milwaukee

Monta Ellis will be an unrestricted free agent July 1 after informing the Milwaukee Bucks he is opting out of his contract. Ellis had an \$11 million option for the upcoming season.

THE ASSOCIATED PRESS

Sprinting

Olympic runner Campbell-Brown fails drug test

Olympic champion Veronica Campbell-Brown of Jamaica is serving a provisional suspension after failing a drug test.

The Jamaica Athletics Administrative Association announced Tuesday that the 2004 and 2008 Olympic champion at 200 metres is provisionally suspended while a panel reviews the case.

Campbell-Brown's manager, Claude Bryan, says the accusation "is a shock to her." He says Campbell-Brown is "not a cheat" and is determined to clear her name.

Bryan says she does not accept "guilt of wilfully taking a banned substance.

The suspension will keep Campbell-Brown out of this week's national championships in Jamaica, where Usain Bolt is scheduled to run.

Also a world champion at 100 and 200 metres, Campbell-Brown is among the most decorated athletes in Jamaica's sprinting history.

THE ASSOCIATED PRESS

Hockey. Gretzky has Great expectations about NHL's return to Quebec capital

The Great One firmly believes the NHL will return to Quebec

The Quebec capital has been without an NHL franchise since the Nordiques left in 1995. But hockey legend Wayne Gretzky said Tuesday his gut feeling is that Quebec City will again have its own pro hockey franchise.

"I think it's only a matter of time before Quebec City is going to get a franchise," Gretzky told reporters at the Joe Carter Classic Golf Tournament. "Listen, I think we all agree it's a good city and it can support an NHL team, especially now with

the salary-cap rules and the parity we have in the game of

"When that's going to be, it's anybody's guess, but when they do come back in, it's going to be a strong, solid franchise just like Winnipeg is now and it will be as successful as they

The Quebec Nordiques were founded in 1972 and played in the World Hockey Association before joining the NHL in '79. But following the 1994-'95 season the franchise was sold, moved to Denver and renamed the Colorado Avalanche.

THE CANADIAN PRESS



MLB

EAST DIVISION

Cleveland

AMERICAN LEAGUE

	w	L	Pct	GB
Boston	43	29	.597	_
Baltimore	40	31	.563	21/2
New York	38	31	.551	31/2
Tampa Bay	36	34	.514	6
Toronto	34	36	.486	8
CENTRAL DIVISION				
	W	L	Pct	GB
Detroit	39	29	.574	_
Kansas City	34	34	500	5

lansas City	34	54	.500	5
leveland	34	35	.493	51/2
Minnesota	30	36	.455	8
Thicago	29	38	.433	91/2
WEST DIVISION				
	W	L	Pct	GB
Dakland	42	30	.583	_
Dakland Texas	42 39		.583 .557	_
		31		2 10
exas	39	31 39	.557	10

Tuesday's results Toronto 8 Colorado 3 Boston 5- Tampa Bay 1- (DH) L.A. Dodgers at N.Y. Yankees, ppd. Kansas City at Cleveland Baltimore at Detroit Oakland at Texas

Milwaukee at Houston Chicago White Sox at Minnesota Seattle at L.A. Angels Wednesday's games All times Eastern

Baltimore (Tillman 7-2) at Detroit (Por-L.A. Dodgers (Capuano 1-4) at N.Y.

Yankees (Kuroda 6-5), 7:05 p.m. Kansas City (Mendoza 2-3) at Cleveland (Masterson 8-5), 7:05 p.m. Colorado (Nicasio 4-2) at **Toronto (Buehrle 3-4)**, 7:07 p.m.

Tampa Bay (Hellickson 4-3) at Boston (Dempster 4-7), 7:10 p.m.
Oakland (Milone 6-6) at Texas (Grimm

5-5), 8:05 p.m. Milwaukee (Lohse 2-6) at Houston

(Bedard 2-3), 8:10 p.m. Chicago White Sox (Sale 5-5) at Minnesota (Correia 5-4), 8:10 p.m. Seattle (Saunders 5-6) at L.A. Angels (Wilson 5-5), 10:05 p.m.

NATIONAL LEAGUE

EAST DIVISION				
	W	L	Pct	GB
Atlanta	42	29	.592	_
Washington	34	35	.493	7
Philadelphia	34	37	.479	8
New York	26	40	.394	131/2
Miami	22	47	.319	19
CENTRAL DIVISION				
	W	L	Pct	GB
St. Louis	45	25	.643	_
Cincinnati	43	28	.606	21/2
Dittshurah	41	29	586	4

Chicago Milwaukee WEST DIVISION

	W	L	Pct	GB
Arizona	37	33	.529	_
San Diego	36	34	.514	1
Colorado	37	35	.514	1
San Francisco	35	34	.507	11/2
Los Angeles	29	39	.426	7

28 40 .412 28 40 .412

Tuesday's results

N.Y. Mets 4- Atlanta 3- (DH) Washington at Philadelphia Pittsburgh at Cincinnati Chicago Cubs at St. Louis Miami at Arizona San Diego at San Francisco

Monday's results Cincinnati 4 Pittsburgh 1

St. Louis 5 Chicago Cubs 2 Philadelphia 5 Washington 4

Atlanta 2 N.Y. Mets 1 San Diego 5 San Francisco 3 (13 inn.) Wednesday's games

All times Eastern

Miami (Fernandez 4-3) at Arizona (Cahill 3-8), 3:40 p.m.

San Diego (Stults 6-5) at San Francisco (Bumgarner 6-4), 3:45 p.m. Washington (Gonzalez 3-3) at Philadelphia

(Kendrick 6-4), 7:05 p.m. Pittsburgh (Locke 6-1) at Cincinnati (Arrovo 6-5), 7:10 n m

N.Y. Mets (Marcum 0-8) at Atlanta

(Medlen 3-7), 7:10 p.m. Chicago Cubs (Jackson 3-8) at St. Louis (Westbrook 2-2), 8:15 p.m.

NHL PLAYOFFS

STANLEY CUP FINAL

(Best-of-7 series: All times Eastern)

CHICAGO (1) VS. BOSTON (4)

(Boston leads 2-1) Monday's result Boston 2 Chicago 0 Wednesday's game

Saturday's game Boston at Chicago, 8 p.m.

Monday's game x-Chicago at Boston, 8 p.m. x - if necessary

LATE MONDAY

BRUINS 2, BLACKHAWKS 0

First Period — No Scoring Penalties — Daugavins Bos (roughing) 9:57, Thornton Bos (roughing) 14:15. Second Period

1. Boston, Paille 4 (Kelly, Seguin) 2:13 2. Boston, Bergeron 7 (Jagr, Chara) 14:05 (pp) **Penalties** — Bolland Chi (cross-checking) 12:00, Hjalmarsson Chi (tripping) 13:50, Bolland Chi (tripping) 19:00.

Third Period — No Scoring
Penalties — McQuaid Bos (tripping) 7:56,

Bolland Chi (tripping) 13:55, Krejci Bos (hooking) 15:55, Bickell Chi (roughing), Shaw Chi (fighting, major), Chara Bos (roughing, double minor), Marchand Bos (fighting, major) 19:48.

Shots on goal

Chicago 10 8 10 11 15 9 -35 **Goal** — Chicago: Crawford (L,13-7-0); Bos-

ton: Rask (W,14-5-0). Power plays (goals**chances)** — Chicago: 0-5; Boston: 1-4. **Attendance** — 17,565 (17,565) at Boston.

NBA PLAYOFFS

FINAL

(Best-of-7 series: All times Eastern)

MIAMI (1) VS SAN ANTONIO (2)

(San Antonio leads 3-2) Tuesday's result



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metronews.ca Wednesday, June 19, 2013

The lavish 2014 Lexus IS



ALL PHOTOS WHEELBASEMEDIA.COM

2014 Lexus IS

- Type. Four-door, rear-/allwheel-drive entry-luxury compact sedan
- Engines (hp). 2.5-litre DOHC V6 (204); 3.6-litre DOHC V6 (306)
- Transmissions. Six-speed automatic; eight-speed automatic (IS 350. RWD)
- Base price (incl. destination) \$38,000

Design

The latest IS has sharpened its demeanor. In front, the car exhibits a hunkered-down stance, aided by a more aggressive nose and what Lexus calls its "spindle" grille that sticks out from the crowd. Also visible is more defining side sculpting extending along the lower body plus an integrated rear deck spoiler.



Fuel economy

As expected, fuel economy for the base IS 250 should remain virtually constant at 9.5 l/100 km in the city and 6.5 on the highway and 10.5/7.3 for the IS 350 (all take premium fuel).

Engine

If you're familiar with the previous IS drivetrains, you can skip the next sentence. The IS 250 keeps its 2.5-litre V6 with 204 horsepower and 185 pound-feet of torque, while the IS 350 continues with 306 horsepower and 277 pound-feet of torque emanating from a 3.5-litre V6. Both are carry overs.

Review. OK, no more Mr. Nice Guy; Toyota's luxury brand is here to take down the big guns

MALCOLM GUNN

wheelbasemedia.com

The 2014 IS remains the class rebel of the Lexus fleet, which is great news for those who derive their driving kicks from compact luxury cars that are fleet of foot, strong of character and provide power to either the rear or all four wheels.

The main reason for the IS's existence is to bait BMW 3-series, Audi A4 and Mercedes-Benz C-Class fans into switching teams. Toyota's premium division has learned plenty from its previous two IS generations and now appears to be an even stronger contender with the new-for-2014 version.

The IS, with its 20 per cent stiffer platform, has grown nearly nine centimetres in length, with seven more centimetres between the front and

rear wheels, while width and height increase only slightly. Rear-seat riders now benefit with a bit more leg and hip room, which was a drawback on the previous IS.

All passengers will appreciate the more modern-looking cabin that is neatly trimmed out with more centralized controls, touch-sensitive switches and a console-mounted cursor-type knob for selecting various infotainment choices.

Of particular note is that the back seat is now a 60:40 splitfolding affair (doesn't nearly every car already offer this feature?), which increases the car's stowage capacity. The rear and all-wheel-drive IS 250 and all-wheel-drive 350 employ sixspeed automatic transmissions. An eight-speed automatic is standard when the rear-wheeldrive IS 350 is selected. Allwheel-drive, which is a \$3,800 option, splits the torque 50:50 (front/rear) in normal driving situations, but will transfer up to 70 per cent to the rear when wheel slippage is detected.

The IS has Drive Mode Select throttle and transmis-



With an estimated starting price of about \$38,000 for the 250 and \$48,000 for the 350, including destination charges, the Lexus duo offers an array of standard equipment, but most

setting that firms up the sus-

pension for more aggressive

buyers will likely opt for one or more of the option groups that upgrade the car to full-on luxury status. They include, among others, a navigation system with backup camera, premium Mark Levinson-brand audio package, heated and cooled seats and a wood-trimmed interior.

Make no mistake, the 2014 IS is now more of a match for the competition. It also strengthens Lexus's position as a purveyor of vehicles with plenty of passion along with prestige

Compare



1BMW 3-series Base price: \$37,400



2Cadillac ATS
Base price: \$34,000



3Audi A4 Base price: \$34,000



metroews.ca
Wednesday, June 19, 2013

Vehicular viewing at a cinema near you ...

Must see motoring movies

You can't very well call yourself a fan of highspeed thrills if you haven't seen these flicks:



Senna (2010)

Formula One champion Ayrton Senna's obsession with winning at all costs as well as his rivalry with Alain Prost is documented in Senna. A must-watch documentary that will engross you from start to finish.



Grand Prix (1966)

Movie bosses wanted Steve McQueen for the lead role, but that fell through and James Garner stepped in and was a natural behind the wheel, and possibly as good as McQueen. About as close to real-life vintage racing as you'll find and with plenty of off track drama to boot.



Le Mans (1971)

Still riding the high from Bullitt in 1968, Steve McQueen did his own driving in Le Mans, the high-revving movie about competing in the 24 Hours of Le Mans endurance race. Crank it up since sound is just as important as the French countryside blowing past at 300 km/h.

Autoknow. Historically, it has been easy to turn something as exciting as auto racing into a theatrical disaster ... but thankfully there are the classics too

TODD D. BURLAGE

heelbasmedia.cor

Like buttered popcorn and red licorice, race cars and fiery crashes remain a reliable one-two punch for moving money and turnstiles at a theatre near you ... maybe now more than ever.

Speed, danger, cinematography — and often humour — keep racing movies a big draw, and top film producers working overtime to meet the demand.

In the 11 months from May of 2013 to March of 2014, at least five auto-racing movies are scheduled for release, featuring everything from an intense friendship and rivalry between drag racers in Snake and Mongoose, to animated fun with Snoop Lion and Samuel L. Jackson as character voices in Turbo.

Racing movies know no boundaries. Comedic films such as Talladega Nights: The Ballad of Ricky Bobby (2006), and even ones with a dash of romance such as Days of Thunder (1990), continue to gross millions in online and DVD sales and rentals.

Measured together, racing movies have combined to make more than \$2 billion US since the silent picture Speedway was filmed at the Indianapolis Motor Speedway and released in 1929.

So what gives? And why do so many of these racing flicks stand the test of time?

Andrew Hall of the blog Automobiles and American Life reports that a good film provides sensory overload and an edge-of-your seat experience through the racing, with some intrigue through the writing and acting.

"(Racing movies) are an important piece of cinema history because they are at the genesis of the action thriller," Hall writes. "These films define what the action thriller is in today's Hollywood."

Rush highlights a rash of racing movies hitting theatres in the coming months.

Set for release on Sept. 20, this docudrama directed by two-time Oscar winner Ron Howard examines the heated rivalry between Formula One drivers Niki Lauda and James



Hunt. A story of perseverance, the movie centres on the historic 1976 championship when Lauda kept racing, even after losing his right ear and suffering severe burns to his face after a crash at the Nürburgring race track in Germany.

Early reviews from the lucky few to get a sneak peak are calling Rush one the brightest racing films of all time. In an interview with Car Magazine, director Howard said he treated the making of Rush similarly to how he approached Apollo 13, his epic space-survival drama from 1995.

"Rush gives a broad overview of racing in the '70s, but it's more than a racing movie," Howard said. 'It's about the nature of rivalry. I think it will be very cinematic, very fresh for audiences."

At any age, racing stories of all kinds have captured the

imagination of movie buffs and race fans for decades. But be warned, filmmakers: always guard against taking creative liberties because auto-racing enthusiasts make the most discerning film critics.

The ESPN TV movie 3: The Dale Earnhardt Story was harshly criticized by diehard race fans who noticed numerous production and technical errors. The best way to guard against any inaccuracies is to take reality out of it, and fiction is where you'll find many of the all-time great racing movies.

Le Mans (1971), starring Steve McQueen, is considered by many to be the best racing movie ever made. Winning (1969), starring Paul Newman, was a turnstile hit, as was Grand Prix (1966), starring James Garner

A comedic look at auto ra-

cing has also provided many blockbusters with classics such as The Love Bug (1969), The Cannonball Run (1981), and Stroker Ace (1983).

But for the true auto-racing enthusiast, the real-life stories will always top the must-see list. In 2010, Senna — an independent film on the life and death of legendary F1 driver Ayrton Senna — was released to critical acclaim and eventually swept nearly every movie award internationally for best documentary.

Race cars and movie curtains don't necessarily seem like the perfect marriage, at least at first glance. But given a record of success, and revenues in the billions of dollars, another rash of racing films ready for release shouldn't surprise anyone. In fact, the surprise might be that they could actually be worth watching.



Movie poster for Ron Howard's latest offering, Rush.

Ones to watch out for

1) Snake and Mongoose. Scheduled to hit theatres on Sept. 6, just two weeks before Rush, Snake and Mongoose tells the story of the on- and off-track competition between drag racing pioneers Don The Snake Prudhomme and Tom The Mongoose McEwen in the '60s and '70s.

2) Fast & Furious 6.

It opened in May to solid attendance in the latest instalment of the widely successful movie series that has made its tens of millions of dollars using an underground car-racing theme. The action sequences during the last half hour should earn it high praise for creativity and plot twists.

3) Need for Speed. Scheduled for release in March of 2014, with filming already under way, Need for Speed will open as an action-thriller built around a cross-country race with revenge and bounty hunting as the side plots.

• 4) Turbo

And in an attempt to stand alongside the Disney animated mega-hit Cars, DreamWorks will release Turbo on July 17, a children's movie about a snail chasing a dream to win the Indianapolis 500.







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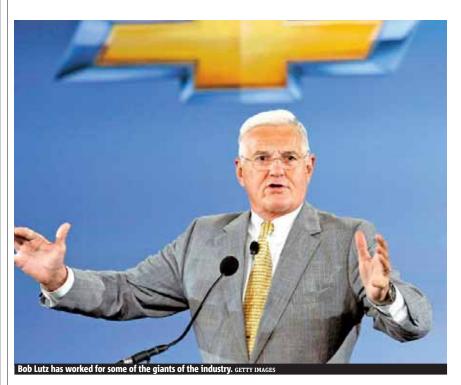
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In every boss lies an icon and an idiot



Autopilot. Automotive success Bob Lutz tells us to take the good with the bad boss-wise and always learn from vour time under them



PILOT

Over his illustrious five-decade career in the auto biz, successful automotive executive Bob Lutz has worked with a lot of famous bosses. From that vantage point he noticed that most of the really successful ones were also "mentally and emotionally askew." In his new book, Icons and

Idiots, Lutz profiles nine such bosses (and one teacher and one Marine drill sergeant), all of which have taught him major lessons in leadership. The title doesn't mean that some are idiots and some are icons. Rather that every strong leader is a bit of both.

"There's a good side, which gets the job done," says Lutz. There's often a downside that makes them hard to understand or difficult to work for. It's precisely because they are impatient, stubborn, opinionated, unsatisfied and domineering that they are successful."

His advice to those of us currently dealing with such unbalanced bosses is to learn to take the good with the bad. Here are a few examples of what Lutz has learned:

From sadistic Marine Corps Staff Sgt. Donald Giusto:

Learning to continue to function in the face of failure, betrayal, acute disappointment, all the while physically and mentally tired, perhaps without food, is what the Marine Corps expects from its members. What it demonstrated to me is that we are all capable when the chips are down, of doing far more than we think we can. Sgt. Giusto unlocked the hidden reservoirs of capability in all of us."

From Harold A. "Red" Poling, ultimate bean counter, and not a nice guy:

"Red taught me that the tough uncompromising, unfeeling, almost nasty approach to initial cost and investment estimates could produce meaningful saving ... The Poling approach served me well during my later tenure at Chrysler and my last tour at GM, although I was always at pains to leaven it just a bit with humour, engineering and marketing judgment." Lutz also noted to never forget that

you can still learn stuff from bosses vou can't stand.

From Ralph Mason, a cheerful but serious alcoholic, and product of a bygone era, when there was a lot of hard drinking in the auto industry: "Ralph nevertheless focused on what was important and advanced the cause of GM and its shareholders." Lutz also said Mason often went home early to get plastered, but had a good team behind him, trusted them and didn't

From Rick Wagoner, the capable GM president that couldn't turn GM around: "A magnificent human being, Rick was simply too nice, too introspective and too thoughtful in many of his actions to see the company through the turbulence of 2008-09... Tolerant of mediocrity, ... it was painful to see Rick protect and support many officers who, to my eyes, personified the large corporate culture of 'look good, sound good, prepare well for meetings, and never disagree with the boss." But Lutz considers Wagoner the perfect "peacetime" CEO, and says Wagoner's moves to buy Daewoo and go aggressively into China are

cornerstones of GM's current





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Horoscopes

T Aries

March 21 - April 20 Create something wonderful today. This can be one of the most productive times of the

year for you, so get serious and get busy working on something that makes your world, and the world at large, a better place.

Taurus April 21 - May 21

Whatever problems you may have with a relationship, you won't work it out by trying to force the other person to conform to your way of thinking. Try seeing things from their point of view.

∐ Gemini May 22 - June 21

The Sun's link to Jupiter in your sign today will help you to express yourself freely. It will also help you to get over some kind of falling out you had with a loved one.

9 Cancer

June 22 - July 23

Focus on the realities of your everyday situation and avoid any and all forms of wishful thinking. Above all, don't let others' negativity blind you. Life is a garden of delights but too few people see it that way.

Ω Leo

July 24 - Aug. 23

You will come out on top today, especially if you focus on things you are good at, things you really enjoy. You will enjoy them more if some people say you should not be doing them.

W Virgo Aug. 24 - Sept. 23

Moderation is a must today, especially if you are one of those Virgos who tends to get

△ Libra Sept. 24 - Oct. 23

The Sun close to Jupiter in one of the best areas of your chart means you will have a thoroughly good day. Do a bit of travelling, even if it's only to the corner store and back.

M Scorpio Oct. 24 - Nov. 22

Your taste for the good things in life could lead to you spend too much today but in the greater scheme of things, it's no big deal. Retail therapy could in fact be just what you need to cheer you up.

Sagittarius Nov. 23 - Dec. 21

Jupiter, your ruler, links with the Sun in the partnership area of your chart today, making it easier for you to compromise with people you don't always see eye-to-eye with. Don't compromise too much though.

り Capricorn Dec. 22 - Jan. 20

Don't limit the goods deeds you do to people you know. Help those you encounter in daily life too, even if they are total strangers. Your generosity will have a knock-on affect that touches so many lives.

Aquarius Jan. 21 - Feb. 19

Life is good and getting better by the hour, the day, the minute. Creatively and romantically you are in such a positive mood that you attract people and situations that bring thrills aplenty. Lucky you.

H Pisces

Feb. 20 - March 20

At home and work, people will want to do things for you today, and if you are smart you will let them. You'll feel good about it, they'll feel good about it. SALLY BROMPTON

Crossword: Canada Across and Down

Across

- 1. Not hungry anymore
- 5. Bully in "Back to the Future" (1985) 9. University in St. Catharines, ON
- 14. Moulding type
- 15. Crown for Carrie 16. Adversary
- 17. Actor Mr. Bates
- 18. Driveway emporium: 2 wds. 20. Summertime in
- The Arctic: Land of the : 2 wds.
- 22. Author, Harper 23. Early afternoon,
- 'clock 24. Letters before ://
- www 26. Uses a charge card 29. Speech-maker's
- stumbles
- 30. God 34. That guy
- 35₊" _ humid out." (Weather complaint) 37. Less
- 38. Go __ for the ride 40. Bathroom feature
- 41. Employee's request 42. "I also want that!":
- 2 wds. 43. Director Mr.
- Hallstrom 45. Thwarter's word
- 46. Eve's environment
- 47. Mr. Bachman 48. Nova Scotia attraction, __ Cove 50. Hawaiian island
- 52. Roadie's gig 61. What convenience

Sandra

20 22 30 36 37 42 43 45 46 48 47 62 63 66

- 53. Surnamesakes of Canadian actress 56. Social event open
- to the public that's hosted annually by the Lieutenant Governor of Nova Scotia: 2 wds.
 - - 66. David Bowie's supermodel wife 67. Actress Ms. Rue's

actor

Quebec

63. Canadian

(Chain store)

stores are called in

64. Canadian rapper/

65. Roman emperor

68. Czar's other spelling 69. Snake sorts

Down

- 1. Fizz
- 2. Sort of fruit 3. Guide 4. McCartney's co-
- songwriter 5. Larger than the rest 6. American state
- Simpson, NWT 8. Sudden shows-inpublic-places groups:
- 2 wds. 9. Actor Mr. Spiner
- 10. ' ' for Regina 11. Long circle

- 12. Singer/songwriter
- 13. Emily Carr book,
- Wyck
- 19. Gumption
- 21. Canadian bookstore
- 25. Request
- 26. Disgrace
- 27. Stacked 28. Play it up in
- theatre 29. Regular
- 31. Behind, as per
- debt
- 32. Articulate again
- 33. Squirrel nests
- 36. Louis __. _ (Canada's 12th PM, from 1948 to 1957)
- 37. Make available:
- 2 wds.
- 39. Faux pas 44. Support a walk-
- a-thon 47. Larger __ life
- 49.Canadian coins:
- D.G. Regina = Dei
- Regina (By the grace
- of God, the Queen)
- 51. Meg Tilly flick, '
- of God" (1985)
- 52. Earth 53. "Someone Who's
- Cool" band from
- Vancouver
- 54. Greek Myth: Olympian queen
- 55. Fight
- 57. Club member fees 58. Eyeglasses parts
- 59. Catch
- 60. Cravings
- 62. Alias acronym

Yesterday's Crossword

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How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Y	Yesterday's Sudoku										
4	7	1	6.	9	3	a	5	2			
8	9	6	5	2	1	3	4	7			
							1				
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8	2	9	3	5	8	1	7	4			
5	3	7	1	4	9	2	8	6			
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9 1 8 2 7 4 5 6 3 3 4 5 9 1 6 7 2

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	1	4				7	2	
	8		1		5		9	

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21°/10° Mainly sunny

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something they really enjoy.

Thursday



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